THE Kitchin-Physician: OR, A GUIDE FOR GOOD-HOUSEWIVES IN Maintaining their Families in health.

Wherein are described The Natures, Causes, and Symptoms of all Diseases inward and outward, incident to the Bodies of Men, Women, and Children.

Prescribing natural, useful, and proper Medicines both in Physick and Chirurgery, as well for the prevention as speedy Cure of the said Distempers.

Adorned with Sculptures, shewing the proper place of every Distemper in the Body.

Published for the common good of City & Country,
By *T. K.* Doctor in Physick.

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MVSEVM
BRITAN
NICVM

To the READER.

I Have here ſet before your view, a proſpect of the rich Garden of Nature, adorned with nothing but its own ſimple qualities; which at firſt was not obliged to any of the Learned to Tranſlate it into Galenical Compoſitions, or any Artificial Experiments, but was made uſe on by our fore-Fathers, for their relief in Sickneſs and Malady, long before Phyſick was brought into a Profeſſion, and the Profeſſors of it courted by the Ignorant, when they received (in ordinary and common Diſtempers) little more than a bare Complement from them, ſave onely referring them to their Mother Nature, the true and original Healer of ſuch Diſeaſes. And although this ſmall Attempt may receive Oppoſition from ſome mean-ſpirited Phyſitians, whoſe Intereſt may be invaded by the Publication of it, and who are Impoſtors of Phyſick, with pretended Univerſal Medicines: Yet my deſign is, (though bred up a Phyſitian) to leave this as a Legacy to my Country, before my gray hairs go down to the Grave, purely to make them their own Phyſitians in caſes not dubious, nor requiring the utmoſt improvement of Nature, into a well-dige-

ſted and conſulted concluſion of Art. And by the way, I would not have the Reader think, that I have the leaſt ill Opinion of the Elaborate Inventions, and ingenious Experiments of the Learned, in bringing Phyſick to the utmoſt perfection; for I have a great adoration for all ſuch worthy Improvers of Nature: but I am not of Opinion, that their aſſiſtance is neceſſary in common and ordinary diſtempers, which many times the diligent Nurſe, or Houſewife, by her plain and common Experience in Herbs and Plants, cures, when they by their ſublime and too high ſtrained applications, leave the Patient in a deſperate condition. And therefore I hope theſe my poor endeavours will be kindly entertained by ſuch of my Country-men as will not entertain prejudice thereto before-hand; and do not fear that any Learned Phyſitian will think ill of this Publication, (eſpecially if what it contains be true and certain, as I hope it is) his Buſineſs and Imployment being of a far higher nature, *De ordine Naturæ*, and ſeeming rather by his great attempt, as it were, to diſpute with our great Mother her ſelf, in matters where ſhe is ſometimes at a *Ne plus ultra*. This I thought good to premiſe to the ſober Reader, and heartily wiſh that it may anſwer my honeſt deſign therein. Farewel.

T. K.

A TABLE of the ſeveral Diſtempers incident to the Bodies of Men and Women, anſwering the before-going Cut; to which the ſeveral Paragraphs in the enſuing Book do likewiſe particularly refer, in Arithmetical order.

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THE Kitchin-Physician: OR, A guide for good House-wifes, In maintaining The Health of their Families.

AS it is necessary for the preservation of Health, to keep our Houses neat and cleanly; so we should be careful to keep our Bodies free from putrifying Diseases. And because the Faces of Men (especially of Women) are (more than any other part of the Body) exposed to view; I will write of Medicines which adorn that part, by adding Comelineſs and Beauty thereunto. Beauty is a blessing which every one ought to preserve, and not to neglect.

1. *Of Medicines and other Remedies which are appropriated to the Skin, Hair, and Teeth.*

For the Cleansing of the Bodies of Men and

and Women, Bathings are very useful, and may be thus made.

Take of Sage-leaves, Flowers of Lavender, and Roses, of each one handful, with a little Salt; let all these boil in Fountain or River-water to a Bath.

Or, take Rose-water, Wine-Vineger, and Salt, of each a little; let them boil together in common water, (as much as in your discretion you shall think sufficient) until there remain two or three Pails: afterward put a Wheaten-Roll or Loaf therein; then rub the whole Body with the same: and after you have so done, go into a luke-warm Bath, and remain there as long as you can.

Or, take water of Orange-flowers, Red and White Roses, of each one ounce, six Lemon-Pills, Cloves a quarter of an ounce, Flower de Luce of Florence the eighth part of an ounce; let these Ingredients soak five or six hours in the aforesaid waters, then strain them through a clean cloth, and add thereunto five Pints of sweet Almond-Milk; these being mingled together, are for the washing of your Body, (having first bathed in a Bath of luke-warm water.)

The vertues of these Baths are these: They comfort the Sinews, they take away all

all foulneſs of the skin, they exhilerate and refreſh the Spirits. Theſe and the like are uſeful for Men and Women: but the following Ingredients are moſt proper for Women, foraſmuch as their chiefeſt virtue is to make the Face fair, to procure and preſerve Beauty; of theſe Imbelliſhments men have no need. And they may be performed without Painting-ſtuff which impaireth Beauty. Theſe waters are made of ſuch things, that (for the moſt part) are gotten in Gardens. Painting is pernicious, for it is the cauſe of wrinkles, of a ſtinking breath, of black and looſe teeth, of redneſs of Eyes, weakneſs of ſight, deafneſs, and other infirmities, which happen to thoſe who paint their faces, and take more care to appear (by that impudent means) beautiful, than to preſerve the Health of their whole bodies. Theſe are the evil effects of the uſe of Sublimated White-lead, and ſuch like things, which are as dangerous as the Plague. And now I will ſhew

How to make the face Beautiful, White, Smooth, and Red.

By the uſe of theſe following Beauty-waters, Ladies may preſerve their Complexions,

plexions, with safety to their Health.

An excellent Water.

Take of white and smooth shaled Beans, one pound, let them soak nine or ten days in Whitewine; then (having pounded them sufficiently in a Stone-Morter) put them again into the said Wine, adding thereto, of Goats Milk two quarts, of Flour of Rice half a pound, the whites of twelve Eggs: all this you must set over a little fire in a Colb, or Stilling-glass. With this stilled water the Face is to be washed at night when you go to Bed.

Another Water.

Take a wheaten Loaf of two pounds, the whites of eight or ten Eggs, strong Vineger according to discretion; mix these all together, and being put into water, still them through a glass.

Another Water.

Take twenty four Eggs, and having washed them clean, break them, and beat them, shells, yolks, and white, well together, adding thereto, white-Wine two pints, Goats Milk one pint, Flour of Beans one handful: put these into hot water, then still them through a Colb or Stilling-glass. Let this water thus stilled, stand fifteen days in the Sun, then it will be fit for your purpose. When you use

uſe it, warm a little of it, and diſſolve therein Burra, Sugar-Candy powdered, of each a like quantity: with this you muſt waſh your Face in the Morning and at Night.

Another Water.

Take the Crum of White-bread, Flowers of Lillies, Roſes, of each one pound; Elder-berries, Flour of Beans, of each half a pound; ſtrong Wine-Vinegar, Goats Milk two pints, the whites of four Eggs; diſtil them together through a Glaſs, as above, in hot water.

Another Water.

Take five Lemmons and cut them in pieces, three Apples, Sugar, Allum, of each an ounce; diſtil them through a Glaſs, as before.

Another Water.

Take the Roots of Pignuts being well waſhed, cut them into ſmall ſlices, and put them into a glaſed pot, (containing five Engliſh pints) half full, twelve Egg-ſhells well waſh'd and bruiſed, one pint and ſomewhat more of White-Wine, Rain and River-water, until the pot be full; let all theſe boil together, until a third part be boil'd away, adding thereto the crum of a ſmall white Loaf, Spaniſh Green of the bigneſs of a Bean. Bind

all

all theſe in a little bag; bray or bruiſe the ſaid Decoction on a Tile, while it is luke-warm, at laſt put into it one ounce of Sugar. Wet a fine cloath therein, and waſh your face at Night and in the Morning, without wiping it.

Another Water.

Bore the Stem (or Trunk) of a Birch-Tree with an Iron Bore, and much water will run out of it, which is uſeful on this occaſion, and alſo to take away Sun-burning. There are many other Waters that clear the Face, which I paſs by for brevity ſake; I ſhall onely add hereto

The Dove or Pigeon-water, which is made thus.

Take two white Pigeons, pluck them, draw out their guts, throw them into a Stilling-glaſs, upon a rank of leaves of Aſh-herb, (called Fraxinella, or wild Ditany,) Lambs Tongue two handfuls: lay them upon the floor, then add thereto freſh Butter four ounces, Oyl of ſweet Almonds three ounces, Buras, Champher, Burnt Allum, and Sugar Candy powdered, the crum of a white Loaf, the whites of twenty five Eggs, two handfuls of the kernels of Grapes, Goats Milk four pints.

Let

Let these soak ten or twelve hours in the stilling-glass, well stop'd. Let it distil slowly in a water-Bath (or *balneo Mariæ*) put the divided Water into Flasks, in a cool Cellar, then strain it through a clean and fine Cloth. Wash your face with this water in the morning and at night with a little cloth.

Besides these waters, there are also divers Oyntments of great use: and Oyls and Pomades.

Oyntment.

Boyl two Eggs hard, cut them in the midst, take out the yolk, fill the hollow with the powder of burnt Wine-stone; join the half parts together, and tye them with a thred; put them into a dish, and set them in a moist Cellar. The Wine-stone will melt, whereby the moistness running through the white of the Eggs, will alter (together with that which comes thereby) to an Oyl, such as you desire.

Oyl of the Acorns of an Oak, being pressed out, as that of Almonds, and mingled with that of the Egg-shels, is useful to make the face beautiful. Also

Oyl of Myrrha, made like the Oyl of Wine-stone, with the white of Eggs. Also

There

There is an Oyntment made of the Marrow of the Bones of a Weather, and is thus to be extracted.

Take of the bones of a Weather, (when 'tis full Moon) as much as you please, let them boil long in water, then break them in pieces. Let them boil again in the water three or four hours, then take them from the fire, and let them be cold; then gather the fat which will swim upon the the water, and Anoint your Face therewith at night when you go to bed, and the next morning. Wash it off with the water of Bean-Blossomes, or of Flower-de-luce.

Another Oyntment is made of Pigeons dung, and campher'd Rose-water.

Another Oyntment or Pomade.

Take Goats grease half a pound, fresh unmelted Hogs grease four ounces, cut into small pieces; put it into a glazed earthen pot, with a Pippin cut in pieces, Juice of Orange, Rose-water a glass-full, white-Wine half a glass-full; put the pot upon the fire, and let it boil a little. When the Grease is melted, and incorporated with the Apple, strain it through a Sive, or Serse, into an earthen pot glased, and

and half full of fresh water. When it is cold, take it out, and wash it five or six times in Rose-water, every time renewing the water. To a Pomade.

Another excellent Pomade.

Take Goats grease two ounces, Pippins two, Flower-de-luce Roots of Florence one ounce, a whole Lemmon; chop the grease, and cut the Apples and Roots in pieces. Add thereto, of the Marrow of a Weathers feet two ounces. Let it boil together in a sufficient quantity of Rose-water, in a glased pot, upon a gentle fire, until the Lemmon be consumed, keeping the pot well covered. Then take it from the fire, and strain that which is in the pot through a clean cloth; you must pound that which is gone through, and mix that which is pressed out fresh, without fire, with the Oyl of Sweet Almonds. When it is mingled together, then wash it with water of Bean-flowers, white Flower-de-luce, Roses, of each the like quantity. This being well mix'd, and made, you may keep in a glass well covered. With this excellent Pomade you may Anoint your Face at night, and wash it off the next day in the morning with Rain-water.

2. *How to take away Sun-burning.*

The Face may be preſerved from the burning of the Sun, and from Cold, by theſe following Salves and Medicines.

Take Goats greaſe half a pound, being firſt waſhed in clear water; pound it in a little Morter, then boyl it in Roſe-water, and after ſtrain it through a fine cloth; with Oyl of Sweet Almonds one ounce, Sugar-Candy a quarter of an ounce, new white Wax as much as is enough. Boil all theſe in a glazed pot, over a ſoft fire, to the convenient thickneſs of a Salve, ſtirring it about continually, that it may become white, and be kept from burning. Being boiled, it muſt be kept in a Glaſs (cloſe ſtopped) for the uſe of a Salve.

For the ſame uſe ſerveth alſo a Salve made with Maſtick, and with the Marrow of an Hart, or Ox. An Oyntment of Maſtick with harſh Oyl, the water of the white of Eggs.

A Pomade made with white wax, Campher, and Oyl of Sweet Almonds, preſt out with fire; this Pomade takes away Sun-burning.

3. *How*

3. *How to take away Freckles and Spots.*

Take the Meal of Lupins, the Gall of a Goat, the Juyce of Lemons, and white Allum; mingle these to a Salve: Anoint therewith the Spots and Freckles.

Or, mingle together the Oyl of Bitter Almonds, Honey, Roots of Flower-de-luce and Wax; then wet them with water of Bean-flowers, Orange, and Mirtle.

Another Salve to take away Freckles, Rubies and Saphires which appear in the Face.

Take water in which Rice hath been boiled, distilled water of Turpentine, with Oyl of Wine-stone, one ounce of Mastick, half a Loaf (that is, a quarter of an ounce) of Campher: mix these with the whites of Eggs.

Another.

Take distilled water of Radish-seed, and of great Spear-Root, (having been soaked before four days in the Sun in water,) stilled Oil of Egg-shels, Oil which is prest out of the Seed of Cotton-herb, the juice of the Root, and little Berries of Briony or wild Vine, the juice of Ladies-mark, with fig-bean-meal, (which is a kind of Pulse,

Pulſe, of an harſh and bitter taſt,) the freſh Flowers of Jaſmin, (being rubb'd in pieces upon the place of the diſtemper,) Pidgeons dung, being ſoaked in ſtrong Wine-vinegar, Meal of Fitches, and ſeed of the Herb Rocket, mingled with honey, oyl and water of Roſes, with freſh Butter, and Pignut-Roots, made to a Salve, Lentiles boyled ſoft, and mixed with the juice of Pomegranate.

4. *How to take wrinkles out of the Face and Hands, and to make them white.*

Take the Lees of Linſeed oyl, put it in Rain-water to ſoak.

Or, take the juice of Lemons, and ſome corns of Salt, mixed together; waſh the wrinkles of the face and hands therewith.

5. *How to take away the Chops of the Lips and Hands.*

Take the white of an Egg, and beat it with the powder of Maſtick.

Or, take the Oyl of the yolks of Eggs, or Oyl of Wax, and anoint therewith the Clefts or Chaps.

6. How

6. How to make the Hands that are Yellow and Wrinkled, ſmooth and white.

Take two pounds of Mellons, with their Skins or Rines, and a good quantity of Eggs without their ſhells: diſtil all this together, and keep the water, not onely to waſh your Hands, but your Face.

Another ſmoothing Water.

Take Goats Milk ſix pounds, white or red Roſes, ſmall yellow Prunes, of each three pounds; crums of a white loaf, two pounds; Roots of Flower-de-luce, two ounces: diſtil theſe in hot water, through a glaſs.

Or, Boyl Roots of Nettles in Vineger and white-Wine; waſh your Hands with this Decoction at night when you go to bed, and the next morning waſh them clean with freſh water and ſoap.

Or, take freſh Butter, Oyl of Sweet Almonds, Lambs Suet; let theſe ſoak ten or twelve hours together, then melt them over a little fire, in a glazed earthen pot, adding thereunto white wax, with a little Musk or Civet: make this into a Salve.

Or ſometimes you may waſh your hands with ſweet-ſented water and ſoap, or with ſtilled

ſtilled water of Bread, or with water and Rolls of bread. To theſe waters you may add ſweet-ſcented water, as water of Orange-flowers, Damask-water, or a little Oyl of Cloves, Cinnamon, or the like.

7. *How to take away Warts off the Face or Hands.*

The juice of Lemmons killeth Warts, but better the water of the ſame juice, diſtilled through a glaſs. Or the juice which is preſſed out of the Flowers and Leaves of white Wool-blade.

Alſo the juice of the Leaves of great Spear-herb. Alſo wart-Cieory, either eaten in Sallets, or laid upon the face or hands, or other parts, cures the ſame to admiration.

Alſo the Milky juice of Woolfs Milk, and that of the wild fig-tree, Oyl of Red Copper, or Spaniſh Green, Brimſtone, the greaſe which is gotten from the old Cask of an Oyl-Veſſel, made hot before a great fire, the juice that is pounded out of the ſprouts of Purſlane, (without the leaves) in a little Morter, adding thereunto a little Salt; this will cauſe the Warts to vaniſh away in four or five days, when they are anointed therewith.

Or

Or, lay on the Warts the Powder of Savil, or white-Daffadil (Hermodactyl) with Honey, Vineger, and Sea-Onion, mix'd with the juyce of Marigolds: ſheeps-dung ſoaked in Vineger, cureth hanging-Warts, being laid thereupon.

8. *To take away Blood-Veins in the Face.*

Sometimes a Vein appears unhandſomely between the Eyes, for which it is good to lay on the fore-head this Plaiſter.

Take Maſtick one ounce, Sandal-wood half an ounce, Margaret-flowers three quarters of an ounce; mix theſe together, and ſpread them upon Leather, with the fine filing duſt of Steel. Upon the Vein you ſhall onely lay Maſtick and Sandal-wood, renewing the Plaiſter once a day; rub alſo therewith the upper part of the Vein, for the better reception of the Remedy.

9. *How to cure a Red Face.*

Waſh it with water in which Chaff or ſtraw of Barley or Oats hath been boiled.

Or, Peach-kirnels four ounces, peeled Gourd-ſeed two ounces; pound and preſs them ſo hard, that Oyl may come out of

them to the substance of an Ointment, anoint therewith the Pimples and red places.

10. *How to heal Burning and Blistering.*

Against all burning and blistering occasioned by fire, make a Decoction of Radishes, which lye on unquenched Lime.

Or, take an Onion roasted in the Ashes: or, Oyl of Nuts with water: or, the yolks of Eggs beaten with Oyl: or, Hens-dung mixt with Oyl of Roses.

Or, the Moss of an Haw-thorn-tree, the thinnest you can get; dry it in the Sun or Oven, make a powder thereof, preparing it with the Milk of a woman that giveth suck to a Male-child; make a Salve thereof, and anoint therewith the burnt place.

Or, take salt-water or pickle, wet a linnen-cloth therein, and put it upon the burnt place.

Or, take common Soap, Honey, and Butter, or juyce of Onyons, or Oyl of Eggs.

Or, let Loam, red Copper, or Spanish-green, or Pellitory of the Wall, or Campher, be steeped in wine and water; pour it often out of one pot into another, then wet

wet a cloth in this water, (that first is made luke-warm) and lay it upon the burnt place.

Or, take the white of two Eggs, beat them with Oyl of Nuts and Rose-water, adding thereto water wherein unquenched Lime hath been extinguished; stir it well about, and let the water stand until you have occasion for it. And to the end that no scar may remain after the burning is healed, you must wash the burnt place often with Lambs-tongue-water, in which a little Allum is dissolved.

Or, you may use an Oyntment of hogs-bread Roots, pounded with House-leek: but Brandy is better to wash the Scars of the burnt place, whether they be in the face or other parts of the body.

11. *How to cure the* POX, *and Ulcerations thereof.*

Take water ten pints, quench therein rough iron, until the half be found in the water. Then lay therein to soak unquenched Lime one pound; strain it, and melt in that which is gone through or strained Campher, Spanish-green, Red-copper, of each twenty Grains. This water is good to cleanse and dry the Ulcers.

Or, boil clear water in a new earthen pot, and when it begins to boil, put therein unquenched Lime; then put it out into another new pot; then let it ſtand: ſcum it till it be clear; the Lime will remain in the bottom like a pap; then pour out the clear water, without ſtirring the Lime, and put it into a clean glaſs well ſtopped for uſe. In this water dip a little cloth, (the water being made luke-warm) and lay it upon the Ulcers inſtead of a Plaiſter, renewing it often.

12. *To take away Pockholes, and make the skin ſmooth.*

Take of the Oyl of St. Johns-herb one ounce, Venetian Turpentine half an ounce; melt it in a glazed pot, and as ſoon as it begins to boil, take it from the fire, and work it into a Salve; anoint therewith the ſcars and ſpots, continuing to do ſo till the holes be ſtopp'd.

Or, take the ſtilled water of the white of Eggs, boyled hard with ſhells; of Snails, of Calves, of Weathers, of Goats-feet, of Bean-flour, Dragonwort, (*i. e. Serpentaria.*) Theſe waters you ſhall uſe ſingle, or mingled together, and with that bathe the face when you go to bed, having pre-

pared

pared the same with the steam or smoak of warm water: or, decoction of the chaff of Oats; Oyl of Dates, Flower-de-luce, Myrrha, (Pistacies.)

Or, take three Ounces of the Oyl of Flower-de-luce, Rosen, Capons-grease, of each one ounce; wash them well in Rose-water: add thereunto four whites of Eggs half boiled in their shells, Oyl of Sweet and Bitter Almonds planched, of each one ounce; pound them in a Marble Morter, mingling therewith a quarter of an ounce of the powder of Melon-seed; work it to a Salve.

Another.

Take the Powder of Silver-scum, burnt Bones of a Calf, dry Reed-Roots, bitter Almonds, Pompion or Melon-seed, Radish-seed, Meal of Rice, Beans, Fig-beans, (a kind of Pulse of an harsh and bitter taste) Turkish-beans, white-Cicory, of each as much as you shall think fit or convenient: dissolve these in Rose-water, and mix them to a Salve.

There is another Salve made with Oyl of Almonds and Brimstone, with Asses grease, juyce of Reed-Roots and Honey; Roots of a white-Vine boil'd in the Oyl of Olives, the powder of a Crab-fish burnt, the Ashes of Wine-stone, and of

Myrrha; ſpread this Salve upon the face, being made wet with the ſteam or ſmoak of water. It is very uſeful to heal the ſcars and black-ſpots of the pox.

13. *To take away Scabs and Scurff, which eat into the skin.*

Take the juice of Purſlain, Lambs-tongue, Night-ſhade, and Lemons; if this be not ſufficient, then add thereto red Wine-ſtone: apply this mixture to the place eaten in by the Scabs.

Or, lay the Root of the Herb Patient a ſoaking for one day, in ſtrong wine-vinegar; cut it in ſlices, and with one of the ſlices chafe the ſore place three or four times a day.

Or, take of Aloes half a quarter of an ounce, Sublimate ten grains, water of Lambs-tongue-leaves, Night-ſhade, (as much as you ſhall judge ſufficient) of each a like quantity; boil all theſe together, to the conſumption of the half, and work them to an Oyntment.

Or, take Gum of the black-cherry-tree, a little Brimſtone, and twice as much Salt; put theſe to ſoak in ſtrong wine-Vineger, rub therewith the ſore place, or chafe it in with faſting ſpittle, or with the gum which

which runs out of the Vine; but first mix them with Salt-peter, and pounded Tobacco, (*viz.* the juice and herb pounded together.)

14. *To take away white Scabs and Sores.*

Wash the Patients head with Oxepipe, until it bleed, and then spread thereupon the Powder of the dung of a white hen, dryed in an Oven.

Or, Soot of the Chimney bruised, and mixed with strong Vineger.

15. *How to prevent the falling of Hair, and to make Hair grow.*

Rub the bare place with Red-cloth until it bleed; then rub it with a Salve made of Honey, Flax-seed-Oyl, Powder of Gnats, roast these upon a Tile.

Or, rub it with a Mouse-turd and Honey, or with burnt Nut-shells, which are mixed with Wine and Oyl.

16. *To make white or gray Hairs black.*

Take bruised Gall-nuts, fry them in an Iron-pan till they be very black, drop thereon (by little and little) the Oyl of Olives,

ſtirring it conſtantly till it be well incorporated: hold them over the fire till it be dry, then bruiſe them to powder, adding thereto Red-Copper, Roſemary, Chryſtal Salt, (*Sal Gemmæ*) dryed clay, or Pot-earth, and Cloves pounded ſmall; this being done, take Allum, ſhells of Nuts and of Pomgranats, of each a like quantity; boil theſe in wine, until they be as black as Ink, then ſtrain them, and put the aforeſaid Powder therein; but firſt, before you apply it to the Head, moiſten the Head with a very good Lye. Then waſh it with this Wine, and keep it covered five or ſix hours, then rinſe it with wine and water; then dry it, and the hair will continue black for five or ſix Months.

17. *How to kill Nits.*

Make a Decoction of the Lye of Wormwood, Acorns, and Nuts, in ſtrong wine-Vineger.

18. *How to kill Lice.*

Chaſe the place with the juice of brine, mix'd with the Oyl of Anis, or of Juniper, or with a Decoction of Lice-herb, (*Staphiſagria.*) Or boil Bacon in a Leaded-pot, and white Frankincenſe, of each a like

like quantity, to the ſtiffneſs of a Salve ſtrain it, and keep it for your uſe.

19. *How to cure the ſtinging of venemous Beaſts.*

If a Mouſe, Spider, Fly, Waſp, Horſe-leech, or any venemous beaſt, by ſtinging or biting, have cauſed the fleſh to ſwell, then you ſhall ſtroke gently the place which is hurt, with the juice of Southern-wood, and the pain ſhall immediately ceaſe, and the ſwelling alſo will diminiſh.

Or, lay thereupon the dung of an Ox or Cow hot, or ſmear it with faſting ſpittle.

20. *A cure for the Head-ach.*

If it be occaſioned by heat, you ſhall lay thereupon little ſlices of Gourd, or a fine cloath dipt in Roſe-water, juice of Lambs-tongue, Night-ſhade, Lettice, or Purſlain put into white-Wine.

Or, beat the white of two Eggs with Roſe-water, wet Tow in it, and lay it to the fore-head

Or, waſh your head with luke-warm water, wherein wine and Sage-leaves have been boiled, or Roſes and Prune-flowers; with this Decoction waſh the

Legs and Feet. If the pains be ſo great that the underſtanding be prejudiced, then lay upon the top of the Head, fore-head, and Temples, a Poultis of the white of an Egg, *Bolus Armenius*, ſowre Apples boiled; or in Betony-water and Wine-vineger: but if the pain proceedeth from Drunkenneſs, then make a ſmall cuſhion of Venus Hair and Roſes, and bind it about the fore-head: or you ſhall receive the vapour of boil'd Coleworts: or as ſoon as the Head begins to ake, eat one or two bitter Almonds: or drink grated Harts-horn in River or Fountain-water, or mix it with the hair of the dog that bit you.

But if the Head-ach be occaſioned by cold, then lay upon the Head little bags filled with Barley, and roaſted-ſalt, Sage, Marjoram, Thyme, Annis, and bay-berries, Juniper-berries, as hot as you can endure it.

21. *How to cure inveterate Head-ach, and Ulcers of the Skull.*

Roaſt in the aſhes a little piece of the uttermoſt rind of an Onion, wet and ſprinkled with the Oyl of Roſes, or Laurel-berries; put it into the Ear, on that ſide the pain is: it is alſo neceſſary to keep

a

a good Diet, without which, all Remedies are in vain. Therefore in all kind of Head-achs drink but little Wine, and eat but a little; let your Victuals be good, and such as will feed little; as the flesh of young Hens, Stewed Lettice, Purslain and Sorrel, Milk of Sweet-Almonds, with peeled Barley: eat no windy Herbs, nor sodden-meat, nor Milk alone, which is very bad in this Distemper, and for all sorts of Agues: let the Patient discharge himself of all disturbances of Mind, neither let him read nor write much, but with quietness expect by Gods Blessing the operation of these means.

22. *A Remedy against Madness.*

For the cure of Madness occasioned by hot sicknesses, bind on the Head the Lungs or whole Pluck of a Weather newly killed, or a Chicken or Pigeon split on the midst of the back; put it on the Patients Head, or anoint the fore-head (especially the Temples) with Oyl of Roses, Vineger, and Poplar-salve, or with the juice of Night-shade, Oyl of Roses, and Wine-Vineger.

23. *A*

23. *A Cure for the Lethargy.*

Make a little cushion filled with Colsworts boiled in Vinegar, and bind it on the fore-head.

Or, let the fume of strong-Vinegar ascend into the Patients nostrils.

Or, the sent of Rhue, and the seed of (*Nigella*) Partridge-feathers, old shoo-patches, Ass-claws, or mans hair, burnt.

Or, bind on the fore-head a Plaister of Mithridate, and on the right Arm the Head of a Bat.

24. *To procure Sleep.*

Bind about the head a little cushion made of Lettice-seed, and juice of Night-shade, or Womans Milk that gives suck to a Girl.

Or, lay under the Pillowbere an Apple of Mandragora, or anoint the soles of the feet with the grease of a small Weazel.

25. *A Cure for the dizziness of the Head.*

If the Head be subject to giddiness, take Aquavitæ, Syrup of Gilliflowers, or confection of Anacardina.

26. *A Cure for the Falling-ſickneſs.*

To cure and preſerve from the Falling-ſickneſs, called alſo St. *Johns* Evil, drink for Nine days together about half a drinking-glaſs of Petty-mullein, or Longwort, or the water of the flowers of a Sicea-more-tree, or Coriander, or the Powder of Piony-ſeed, five or ſix days together.

Or, rub the Head with a little ſtone which is found in the neſt of a Swallow; or wear a Ring about the neck, or on the finger, in which the claw of an Elandt is incloſed; but let not the claw eat the fleſh of the neck or finger. Alſo it will be cured, if you tickle or nip the neck under the great Tooth, or if you anoint their Lips with Mans Blood.

27. *How to cure the Dead-Palſey.*

To cure and preſerve from the Dead-Palſey, drink in the winter a ſpoon-full of Aquavitæ and Sugar, and then eat a piece of White-bread; or inſtead of Aquavitæ, Taret-water, (which we ſhall deſcribe hereafter.)

28. *How to cure the Apoplexy.*

Chafe the afflicted places with Oyl of Bay-berries, and Beavers Wine; mingle therewith some Aquavitæ; you may also use Cynnamon-water, or St. Johns Herb, or preserved Sage, Rosemary, Field-Cypress, Balme, and Mithridate; make also dry-stewings, with a Decoction of Lavender, Balsom, and Marjoram.

29. *How to cure the Shaking-Palsey.*

Drink for a great while, the Decoction of Field-Cypress, Petty-mallein, and Sage; eat also the kernels of Pine-Apples.

30. *How to strengthen weak Eyes.*

Take Fenickle, the Herb Vervin, Eye-bright, Rhue, and Roses, of each a little quantity; distil them, drop into the Eyes every morning and evening three or four drops of this water.

Or, of the distilled water of Rotten-Apples; also 'tis good to receive the fume of the waters in which Fenile, Eye-bright and Rhue have been boiled; or to drink every morning half a glass of the wine of Eye-

Eye-bright, or to prepare a Powder of dryed Eye-bright with Sugar; take thereof every morning two or three spoonfuls before you eat.

There is a stone to be found in an Ox-gall, which being put into the Nostrils, will make the sight very clear.

Also you may use Wine in the morning, made of Stone-Rhue-Roots.

31. *A Cure for the running of the Eyes.*

Lay a Plaister upon the fore-head made of Snail-slime, beaten with Frankincense and Aloes, till it be as thick as Honey.

32. *A Cure for Weeping Eyes.*

All humours which fall into the Eyes may be dryed up by a Decoction made of the leaves of Betony, Fenickle-root, and a little Frankincense; wash the Eyes therewith.

Or, by a Decoction of Chervil; mix therewith the juice of Rue, with scum'd honey.

Or, bind behind the head Rolls of Amber, which have a great virtue to hinder the humour or Rheum that falleth down the Throat.

Or,

Or, drop into the Eyes the distilled water of a Mans Gall, and the Herb Salandine.

Or, anoint the corners of the Eyes with blacking, which is made of Butter burnt in a Lamp; this Remedy dryeth up all running of the Eyes, and is convenient for all Running-sores and Fistula's, which come of Humours and Rheums.

33. *To cure the Redness or Inflammation of the Eyes.*

Lay a Linnen-cloth, or Tow of Flax, which is wet in the white of Eggs, and well beaten with Rose or Lambs-tongue-water; or take a sower rotten-Apple, mingled with womans-Milk, and anoint therewith the Eye-lids.

Or, make a Garland of Damask-Roses, or the Preserve of Roses, and other things drawing together; lay these upon the Temples of the Head, and they will hinder the humour which occasions the redness.

Or, soak in Womans-Milk little slices of Veal, or of the neck of an Ox newly kill'd; lay them upon the Eyes, and Tow upon them.

Or, take the Urine of a young Child; take

take it in a Copper Veſſel or Metal; let it ſtand covered with a fine cloath twenty four hours: of this gather together the Ruſt, and mingle it with Roſe-water; put it into a glaſs with a narrow neck, ſtop it well, and drop ſome of it into the Eyes in the morning and at night, or prepared Tutty.

But againſt the inveterate redneſs of the Eyes, take white Copperas, to the bigneſs of a ſmall Nut bruiſed, (there are ſeveral ſorts of Flowers ſo called) white Allum, of each the twenty fourth part of an ounce, Fountain-water one pint: mingle theſe together to an Eye-water, or boil them together until the water be clear; drop three or four drops of this into the Eyes: or, make a Plaiſter of Leaven, or of the remainder of Flax-ſeed Oyl, Gum of Arabia-Dragant, Maſtick, and Campher.

34. *To cure the Inflammation of the Eyes.*

Take the Lungs of a Weather newly kill'd, (or of an Ewe) lay it upon the Eyes: or, take the pap of a ſweet roaſted-Apple, mix it with Barley-meal, Womans-milk, Roſe-water, and white of Eggs.

Or, water of Marygolds, the Eye of a Wolf,

Wolf; or the little ſtones which are found in the bellies of Swallows, being hung about the neck, have the ſame virtue.

Or, take a piece of Frankincenſe upon the point of a ſtick, ſet it on fire with a wax-candle, extinguiſh it in four ounces of Roſe-water; continue the lighting and extinguiſhing thereof thirty times, then ſtrain it through a clean cloth to an Eye-water; drop ſome of it into the corners of the Eyes at night when you go to bed, and if you pleaſe, mingle with the water ſome womans Milk.

35. *To take red Spots out of the Eyes.*

Make a Plaiſter of green-wormwood pounded in a womans Milk and Roſe-water. Or, drop into the Eyes the blood of the wing of a Pigeon or Turtle-dove; this laſt is good when the Eye is hurt with a blow.

36. *To cleanſe the Eyes of Matter.*

Wipe them, and ſtroak them gently with a Saphire wet in cold water.

37. *To*

37. *To take Spots and Webs out of the Eyes.*

Take the new-laid Eggs of a black Hen, roast them hard in hot ashes, cut them in four equal parts, take out the yolks, fill them with white-sugar-candy bruised, then strain them through a clean linnen-cloth very hard; this water or Oyl is good to drop into Eyes, at any time of the day or night.

Or, you may make a water of white-Coperas, Sugar-candy, Rose-water, and the white of Eggs hard-boyled; strain these through a linnen-cloth, drop this into the Eyes at noon, after dinner, and at night when you go to bed. Also the powder of white-beans onely put into the eyes, is very good.

Or, take prepared Tutty scrap'd small one ounce, Broad-sword half an ounce; soak this in Rose-water and white-wine, of each about one pint; let it stand six weeks together in the Sun, in a well-stopp'd-glass, when the Sun shines bright, but take it away when it shineth not; stir the glass twice or thrice a day, to an Eye-salve. These Remedies also serve against red and Blear'd-eyes.

38. *To*

38. *To take away the pain of the Eyes.*

Make a Decoction of Camomile, Me
lot, and Fenickle-seed, boil these in wa
and white-wine, dip therein a four-doub
cloth, wring it hard, and apply it to t
Eyes: or, bath the Eyes in woman
Milk, beaten with the white of an Eg

39. *To cure the pain of the Ears.*

If it proceeds from an hot cause, ta
Oyl of Roses, with a little Vinegar; spo
them into the Ears, and lay thereon
small bag of Camomile, Melilot, Fla
seed boiled in Milk: but if the pain
occasioned by Inflammation, then take t
blacking of the smoak of boyled pitch
mingle it with a little Oyl of Roses, a
pour it warm into the Ears: if the pa
be occasioned by cold, put into the E
Cotten, made sweet with one grain
Musk.

40. *To help thickness of Hearing.*

Drop into the Ears the juyce of a wild
vine, or of Onion mingled with Honey
Oyl, wherein Affodel-roots have been bo
led.

41.

41. *A Cure for Deafness.*

Make a Salve of the following Ingredients; take Goose-grease two ounces, melt it over a soft fire, mingling with it powder of Aloes half an ounce; this you shall put into the Ears with Cotton: or take the juice of Radish-skins, mingled with Oyl of Roses, or the fat of an Eel, with Oyl of bitter Almonds, or the juyce of an Onion mingled with Honey, or Powder of Aloes dissolved in white-wine, and dropped warm into the Ear. Then to sneeze with the Root of Hellebore, or let the fume of Ash-wood be received into the Ear, which you may do, by firing a stick of Ash-wood at the one end, and putting the other end to the hole of the Ear, into which the smoak will easily enter: the stick must be of a young shoot without knots. This is of great virtue for the cure of Deafness, although it be of 25 or 30 years; but against natural Deafness there is no remedy.

Or, take Wormwood, Cammomile, Thousand-leaf, Hyssop, St. Johns Herb, Fine-mint, Rosemary, Saintory, Savory, of each one handful; boil these in white-wine, to the consumption of one third part

part thereof, and let the hot ſmoak into the Ear through a Funnel, and then drop ſome of the following Oyl into the Ear, and ſtop the Ear with Cotton in which Musk hath been.

Or, take Oyl of Olive two ounces, Mallows one ounce and a half, Oyl of Onions, ſweet Almonds, of each one ounce; put all theſe together into a flask with a long neck, ſet it on a fire that is not too hot, boil them until the juices be half conſumed; then take the duſt hence, and put therein powdred Caſtoreum, Coloquint, Maſtick, Spikenard, of each the ſixteenth part of an ounce; then take the flask, and being well ſtopt, boil it in a little kettle full of water (like a *Balneum Mariæ*) for three hours; then put it in the Sun a little while, to cauſe the Oyl to be clear; then ſtrain the Oyl through a thick cloath, and add thereunto Musk ten grains, to an Oyl; keep it ſafe and carefully in a well-ſtop'd flask for uſe.

42. *A Cure for the Worms in the Ears.*

Take the Milky juyce of a Fig-tree or Figgs, alſo the juyce of Capers, Wormwood, Fuither-wood, Fine-mint, Santory, the rind of an Acorn-tree, or the rind of green Acorns alone, or mingled together.

43. *A Cure for the noise in the Ears.*

Drop therein Oyl of Spikenard, Bayberries, Bitter-Almonds, or of Rhue, with some Brandy, or Eels-grease, or Brandy where Carraway or Anniseed have been soaked.

Or, take Saw-dust of Cedar-wood, fill therewith a little Taffata-bag of Crimson, as big as an Almond; let it soak in Brandy quite through, then put it somewhat deep into the Ear, stop it in, and let the Patient lye down to sleep on that Ear.

44. *To take away little Ulcers from behind the Ears.*

Make a Plaister of Barley-meal boiled in Honey-water, add thereto the juyce of five-leaved-grass (an Herb that killeth Lice) and Oyl of Flower-de-luce, or a Plaister made of Goats-dung, unsalted Butter, and the Lees of Nut-oyl.

45. *Against the Kings Evil.*

Take Betony and Sorrel-leaves and Roots, squeeze out one pound of the juyce, and Bertram bruised one ounce, Spanish-green

half a quarter of an ounce: mingle these together, and warm therewith the Crop or Swelling; hang also about the neck, the Roots of Selandine and Lambs-tongue.

Or, when the Moon decreaseth, and is near the Sun, then cut off the feet of a great frog, and hang them about the neck.

Or, take a good quantity of Tobacco, bruised in a clean Morter, and apply its juyce to the Crop or Swelling nine or ten times: the said swellings are brought to Ulcers, by laying thereunto Cow or Ox-dung, made hot in Vine or Colewort-leaves, among the ashes, and being mingled with Vineger.

46. *A Remedy for the stopping of the Nose.*

When the Nose is stopped by humours that fall into it, and hinder the fetching of breath, then to open the same, take the juyce of Beets and Marjoram, mingled with the Oyl of bitter-Almonds, and snuff it up.

Also the smoak of Tobacco, received into the mouth through a little Funnel, and let go through the Nose, is good alone.

47. *For*

47. *For a dropping Noſe.*

This is cured by Medicines which are proper for the brains, whereby ſuch humours are ſtopp'd and dried up. In this caſe 'tis good to uſe Rubbings, Perfumes, in little caps and bags; alſo ſneezing is very good.

48. *To procure Sneezing.*

Blow into the Noſe powdered Peper, Berthram, (*Staphiſagria*) Flower-de-luce Roots of Florence; mingle theſe flowers and greaſe, and anoint the Noſtrils: if ſneezing trouble you, it is cured by ſcratching the ſoles of the feet, and palms of the hands, by rubbing the Eyes and Ears, by ſmelling white Flower-de-luce, by waſhing or bathing the hands in warm-water.

49. *To recover the Smelling when 'tis loſt.*

Make a Perfume of Nardus-ſeed, Averone, Rhue, and other Herbs which have a ſtrong ſent; or ſmell to water-Mint.

50. *To ſtaunch Blood.*

You may ſtanch the bleeding of the Noſe, by putting the Thumb on that ſide of the Noſe out of which the blood iſſueth.

Or, put about the neck a ſtring of Jaſper-ſtone, or tye the uppermoſt joints as faſt as 'tis poſſible, and put into the Noſe a Tent of Dove-nettles; alſo keep in your hand the Roots and Leaves of Agrimony; or take rain-water in your Mouth, or Sage-flower, or other woolly fruits being put into the Noſe; or lay upon the forehead Camphire, or uſe the juyce of Lambs-tongue, or of Night-ſhade.

Or, lay upon the Temples and round about the neck, (eſpecially on the great Vein) cooling herbs, as Night-ſhade, Lambs-tongue, Lactuce, or ſtinging nettles, bruiſed with Salt and wine-venegar; the Herb Periwinckle put under the Tongue, hath the ſame virtue.

Alſo you may make a Girdle or Bracelet of Thouſand-button, called St. Innocentius; ſome hold a white-Mallow on the ſide of the bleeding noſtril; Many Coutrymen ſtench all ſorts of bleeding, in what part of the body ſoever.

With Hogs-dung wrap'd up in Cotton, and put it to the place that bleeds: or, blow into the Noſe the powder of a three-

three-cornered ſtone which is found in the of a Carp.

Againſt too much bleeding at the Noſe, the Powder of Sandarica is very good, beaten with the white of an Egg, and laid upon the fore-head with a cloath.

Alſo the juyce of Onion and Wine-vinegar put into the Noſtrils with a little cloth, or the water of Mint drunk, or red-Coral drunk with Wine; or to anoint the fore-head with a Salve made of Dragon-blood, Maſtick, Frankincenſe, and the whites of Eggs mingled together. Contrariwiſe, you may cauſe the Noſe to bleed with a ſheaf of corn, or Thouſand-leaf, when you put the ſharp end into the Noſe before the herb; and the contrary cometh to paſs when you put the ſtump or end that is cut off in firſt: ſuch various manners of the uſe of things, often bring forth divers cures.

51. *To cure Biles and Ulcers in the Noſe.*

Take the juyce of Veyl, and of ſower pomegranates, and mingle them together.

52. *Againſt the ſtinking of the Noſe.*

Snuff up the Decoction of Marjoram,

fine-Mint, Cloves, Ginger and Muſk, and boil them in whine-wine or vineger: of Sea-Onyon, (*Acetum Squilliticon.*)

Or, uſe Sirrups, as of Diacodium, and the like: or hold in your mouth little Pellets of Bolus Armenius, Sealed Earth, Amberſtone, Dragon-blood, Cloves, and Muſk.

53. *A Remedy for a ſtinking Mouth.*

Waſh it with Wine wherein is boiled Anniſeed and Cloves; alſo Muſk, Maſtick, of blew Flower-de-luce Root.

54. *To Cure Ulcers and Sores in the Mouth.*

Rinſe it with a Decoction of the leaves of Nail-herb, (*Peloſella,*) Welch-root, Golden-Rod, or the flowers of wild Pomgranates, Lambs-tongue, Agrimony, and Roſes; adding thereto ſome Allum, with wine in which Annis and Gilleflowers have been boiled, or with ſtilled water of Harts-tongue, or with Treacle-water, diſtilled with the like quantity of Roſemary and Brandy; among which, a little Bolus Armenius muſt be broken. The Decoction of Hen-peaſe, (*Elatina*) of Piloſella made with wine, and gargled, dryeth the Soars of the Mouth, and takes away th

the rawneſs of the Tongue which comes by an Ague.

Alſo it is a ſingular Remedy to touch the Ulcers with a drop of the Oyl of Copperas, or to anoint the ulcerating place in the Pallate of the Mouth, or on the Tongue, with Oyl of Roſes.

55. *Of the Cure of exceſſive Slabbering.*

It is cured by Gargle-waters, that are drying and drawing together, made with the Decoction of Roſes, Flowers of wild-granats, Lambs-tongue, and Allum boiled in water and wine. 'Tis alſo good to eat Biskets, Roaſted meat with Muſtard, to chaw a Raſe of Ginger, and to drink good wine. But ſlabbering is excited with Raiſons, dry Figs, or with Maſtick held in the Mouth in the morning faſting.

56. *How to cleanſe the Teeth, and keep them ſound.*

Of filthy Teeth.

The Teeth being uſeful Inſtruments, ought eſpecially to be preſerved clean and faſt: brown and black Teeth ſhould be kept white, and looſe Teeth faſtned,

to the end they may be clean, without pain, and ſerviceable: the fitteſt time for this work is in the morning.

How to Cleanſe the Teeth.

You ſhould rub your Teeth and whole Mouth and Gums, the Pallate and Tongue, with a clean courſe cloth, rubbing off the ſlime which groweth upon them in the night.

When you waſh your hands, you ſhould rinſe your Teeth with freſh-water that is not too cold, (if the Teeth be weak.)

Then you ſhall make them faſt, clean, and white, with theſe following Powders, with which you ſhall rub not onely the Teeth but the Gums, and then rinſe them with Red-wine.

How to order your Teeth before Dinner or Supper.

The waters you ſhall uſe in the morning and at noon; for before you go to dinner, you ſhall rinſe the Teeth with water not too warm nor too cold, to cleanſe the Gums from the humours which fall down from the Brain, that in eating they mix not with your Meat. Fleſh or ſpoon-

meat

meat being eaten, or ſoopt too hot, is very noxious to the Teeth; ſo is wine and water drunk too cold, (although many take delight therein in Summer.)

After Dinner or Supper.

After you have eaten and drank warm meat and drink, you muſt not immediately eat or drink any thing that is cold; nor on the contrary, when you have eaten any thing that is cold, you are not preſently to eat that which is very hot, but uſe a moderation between both.

Hard Meats are noxious to the Teeth; therefore 'tis beſt to eat ſuch meat as is tender, leſt you break your Teeth, or looſen them: you ſhould therefore forbear to break any hard thing with your Teeth; nay, not to bite a thin thread aſunder.

Other qualities of Meats are likewiſe to be conſidered: for fat and lean, ſweet and ſowre things being too much uſed, are hurtful to the Teeth.

Phyſicians alſo obſerve, that husked or peaſcod Fruits, Milk-meat, Cheeſe, Sugar, Sweet-meats, Tarts, Radiſhes, Figs, and moſt Orchard-fruits when they are raw, alſo Oyls and Fat, make the Teeth black.

Nevertheless, you need not, (but according to discretion) abstain from all these Meats; but from those which do most occasion the distempers of the Teeth wherewith your are troubled.

Of Pickt-Teeth.

After dinner or Supper, you shall rinse your Teeth with Water mix'd with a little wine-vinegar, or with clear Wine. After you have cleared your Teeth of Meats which stick to them, this must be done softly, with Tooth-picks not made of any Mettal; nay, not of Gold or Silver, but of wood, which hath some virtue of drawing together, and are of a good smell: as of Mastick-wood, Rose-wood, Cypress, Rosemary, Myrtle-tree, *&c.*

Next, rub your Teeth with Powders, which will keep them good, white, and clean: As of Myrrh, Cinnamon, burnt-Allum, burnt Pumice-stone, of each a like quantity; each being pounded small apart, and after mingled together.

Crums of bread with common Salt, is very useful to rub the Teeth therewith after Meals, and then to rinse them with clean water mix'd with a little vineger, or with Red-wine, this will fasten the Teeth in the Gums. There

There are divers other things, whereof Powders may be made to cleanse the Teeth and make them white, of which some serve to comfort the Gums and make them grow when they are eaten off, for the security of the Teeth.

The Causes of the Tooth-ach.

And other Powders are good to cure the Tooth-ach, which is variously occasioned; as being hollow, corrupted, full of worms, and from other causes. The Medicines which serve for this purpose are these.

Take Pearls, red and white Corals, Ivory, Chrystal, white-marble-stone, Alabaster, Bertram, Hellebore, Harts-horn, Mastick, Sea-scum, or Fish-bone, good Wine-stone, white-Copperas, stone-Salt, (*Salgemmæ*) Crabs-eyes, Egg-shells, Snail-shells, Oyster-shells, dry Roses, the Root of Flower-de-luce, wild-Caliga, Venus-hair, burnt-wheat, and Barley-bread, Thamaris, Spica-Nardi, Dragon-blood, Roots of Harts-tongue, Flowers of wild Pomgranats, Cinnamon, and Cloves. All these you shall reduce into fine Powder, each apart, to joyn them together as necessity requireth.

Also Oyl and water of Copperas make

the Teeth white; But some allow not of this, because of their burning heat, and because they imagine they will loose the Teeth.

Indeed the water may better be used than the Oyl, and with less danger, especially when you mingle it with common water, and rub the Teeth and Gums with it a Month together.

Of the afore-said (and other like) Ingredients, a Powder may be made, and used very useful for the Teeth, with which you may rub them in the morning fasting.

A Powder for the Teeth.

Take the Powder of clean Crystal one eighth part, and one sixteenth part of an ounce, red and white Coral, of common Salt, of each the eighth part of an ounce; Pumice-stone, Sea-scum, of each the two and thirtieth part of an ounce; Alabaster-stone, white Marble-stone, Rock-Allum, Root of Flower-de-luce of Florence, Crimson-berries, Cinnamon, of each the sixteenth part of an ounce; prepared Pearls, the twenty fourth part of an ounce: make all these into a fine Powder (mingled together.)

Preſerves for the Teeth.

Of ſuch Powders you may make Preſerves, if you put honey thereto, with which you may rub your Teeth and Gums in the morning.

Another Preſerve may be made to make the Teeth white and faſt, and the Gums hard and ſtrong, which will alſo cure a ſtinking breath, proceeding from the Teeth, and 'tis thus prepared.

Take of a wheaten-loaf three ounces, red and white Coral, Harts-horn, of each half an ounce, Allum one ſixteenth part of an ounce, Pellitory of the wall, Venus-hair, of each one handful, Egg-ſhells four or five; put theſe together in an earthen-pot, ſet it in the Oven when the Bread is taken out, till they be turned into aſhes; then take of theſe aſhes four ounces of Cinnamon the 4th part of an ounce, of Cloves or Gilliflowers, Broad-ſword, of each the eighth part of an ounce, Spica-Nardi, Calamus, of each the ſixteenth part of an ounce, well cleanſed Oyl of Roſes, as much as will be neceſſary; mingle the aforeſaid Ingredients, (being reduced to a Powder) and add thereto vineger of Sea-onion one ounce; work this into a Preſerve;

ſerve: when you have rubb'd the Teeth with theſe Preſerves, then rinſe them with wine.

With the aforeſaid Ingredients you may make very uſeful waters to rinſe the Teeth in the morning faſting.

As, take wild Mulberries when they are green one pound, leaves of the Maſtick-tree half a pound, Agrimony one handful, Roots of Flower-de-luce, Dragon-blood, of each three ounces: diſtil theſe through a glaſs, to a Tooth-water, and keep it in a glaſs for your uſe.

The following water is much commended for keeping the Teeth white.

Take Roſe-water and common-water, of each four ounces, burnt Allum powdered one quarter of an ounce, whole Cinnamon the eighth part of an ounce; put all theſe together upon a ſoft fire, and let it boil until a third part thereof be conſumed; take it off then, and when the water is cold, ſtrain it through a cloth; put it into a glaſs, and keep it for your uſe.

A Water to make Black Teeth White.

This following water cleanſeth the Teeth, how filthy and ſlimy ſoever, and makes Black Teeth White.

Take

Take Live-brimstone, and Allum, of each one pound, Wine-vineger four ounces (some take instead of vineger) the Spirit of Copperas; draw water out of these through a Colb-glass, with a slow fire, that the water may not smell of the Brimstone.

For to make the Teeth White.

For to make the Teeth White, it is good also to rub the Teeth with Pellitory of the Wall, Roots of Beets, crust of barley-bread, Goats-horn burned to ashes; you may put all these things into an earthen pot, and put it into the Oven with several Batches of Bread, till they become ashes: or rub your Teeth with honey and ashes of Vine-leaves which have not born any Grapes.

To preserve the Teeth from filthiness.

For to keep the Teeth clean, and to preserve them from all filthiness, wash the Mouth every morning and evening with Fountain-water one pint, Rose-water six ounces, Allum, Cinnamon, of each a quarter of an ounce: boil this in a leaded earthen-pot, until one third or fourth part is consumed.

Or, wash the Teeth with Sage, Rosemary, Marjoram, prepared with white-wine, and the same boil'd until two third parts are wasted.

57. *How to fasten the Teeth when loose.*

It is good to wash the same with Rose-water and Allum mixt together: or, the Roots of five-finger-grass, and Allum.

58. *For to prevent hollowness of the Teeth.*

Hold in the morning under your tongue, a course large corn of Bay-salt, let it melt, and rub your Teeth therewith. After that you have used all Remedies, it will be good for the preservation of the Teeth, to rub them oftentimes with Roots of Marsh-Mallo's, by which means they will be smooth and bright: these Roots are especially useful, for they make the gums fast, and leave a good smell behind. When you prepare them, you shall cut the Roots off four or five fingers long; if they are gross and thick, then you shall cut them through again in the length, for to make thereof pieces that are of the thickness of a little finger: next you shall let them boil six hours in clean water, with Salt, Allum,

Allum, and root of Flower-de-luce; at last you shall dry them, which must be done quickly, and not slowly, lest they rot; therefore you shall put them in a hot Oven if it be in winter-time, when you cannot have the benefit of the Sun.

59. *A Remedy against Tooth-ach.*

The Tooth-ach proceeds from divers as well cold as hot causes; in case it is occasioned by cold, then use these following means.

You shall rinse the Teeth with strong vinegar, in which Wormwood is boyl'd; Strawberries, or red-wine, in which are boyl'd leaves of Strawberries, with Lavender, Sage, and Marjoram; or White-Wine wherein the leaves and Nots of the Cypress-tree, Juniper-berries, and Roses, Mirtle-leaves, are boiled; or the Flowers of Lavender, Cinamon, Fenickle, Roots of Sparagus boiled in Wine: oyl of Juniper-tree is good being put in the Teeth if they are hollow; but this following is better.

Oyl of Pepper, Gloves, Sage, Bame, Oyl of Spike and Aqua-fortis, being gently put into the hollow Tooth with Cotton, takes away the pain, and breaketh it if it is corrupted.

If

If the Tooth-ach proceeds from an hot cauſe, then you ſhall put to the painful Teeth Oyl of Poppeys, Mandragora, Henbane-ſeed, together or alone; or in want of oyls, the Mandragora and Henbane mixt with Wine; or Henbane Roots mixt with Roſe-water and Wine-vineger; or you ſhall hold in the Mouth Wine-vineger wherein Campher has been boiled: from what cauſe ſoever the Tooth-ach proceedeth, you ſhall appeaſe the pain with Oyl of Henbane-ſeed, which is made after this manner: ſprinkle the ſeed of Henbane with Brandy, then put it into a glaſs, which you ſhall cover very cloſe, put it in a kittle full of water, and let it boil four and twenty hours; then take the glaſs out of the water, and put the ſeed before 'tis cold into a little linnen bag, and then preſs out the Oyl.

This pain is alſo helped with the Roots of Thouſand-leaf, or of Agrimony, being held between the Teeth: and the ſame operation has the Root of Bertram (*Pyretrum.*)

Likewiſe againſt the Tooth-ach, you may boil the Root of Henbane, or of Mulberries, in vineger and Roſe-water, and hold the water in the Mouth: or take a head of Garlick, let it roaſt in the hot aſhes,

ſhes; then bruiſe it, and put it as hot as ver is poſſible to the Teeth, and put ſome f it into the Ear, on the ſide where the ain is neareſt. Some bruiſe a head of Garlick, and put it upon the Artery or reat Vein of th' Arm, on the painful ſide.

Or take Bertram bruiſed, (one quarter f an ounce) Roſemary, Sage, of each ne handful, large Figs, to the number of hree; let theſe boil in half a pint of wine, ntil the Wine is all conſumed; then lay ne of theſe Figs upon the painful Tooth, s hot as you can bear it.

Or, put very hot upon the Temples of he Head, a plaiſter of Pitch, beaten Galuts and Allum: it is good alſo to lay pon the Teeth the juyce of Garlick, Rue, anſie, (*Matricaria*) or any hot Oyl, as f Sage, which is excellent on this occaſin; or waſh and rinſe oftentimes your eeth with a Decoction of Pennyroyal oiled in Wine, till two third parts are onſumed. Some hold for a ſecret, that a ooth of a Man wrapt up in Taffeta, or Bean with a hole, in which a Louſe is ut up, being hanged about the neck, nd that theſe driveth away the greateſt ooth-ach that can be.

Great care has always been taken to rive away heavy and intollerable Tooth-

ach,

ach, and to preſerve the Teeth, becauſe of the neceſſity of their ſervice; for which two things the moſt choiceſt means have been ſearcht for; inſomuch, that if the Proverb be made true in this point, that Neceſſity is the Mother of Arts, I have amongſt many innumerable means or remedies which are found for the Teeth, brought forth a ſmall number, as being the choiceſt and moſt approved: and when all theſe Remedies will not help you, and that there is not any more hope of being delivered from the pain, then you muſt draw them. Sometimes the Teeth are ſpoiled becauſe of the putrefaction, but you muſt not inconſiderately begin this, but firſt conſult about it well, and then employ thereto a man that has skill therein, for fear of the many dangerous Symptomes, which are many times occaſioned thereby, when by a miſchance the good Tooth is taken for the bad, or that it is drawn out with too great force, whereby the blood runs out in abundance, inſomuch that the Patient runneth the hazard of his life: it were rather to be wiſht, that the corrupted Tooth might fall out through any other means, than by force: but the difficulty lyes in the finding out of thoſe things which have ſuch a property and vertue.

Some

Some have uſed to put into the holes and hollowneſs of the Teeth, the aſhes of earth-worms, or mice-turd, or of the Tooth of a Hart, and theſe aſhes ſhall cauſe the Tooth to fall out immediately: or they put thereupon Mulberry-kernels, or put a ſoaking fifteen days in ſtrong Wine-vinegar, beaten Mulberry-Roots; after the ſoaking, the ſame being dryed in the Sun, they make a Powder thereof, to put it on the Tooth; or put thereon the brains of a Partridge, or the juyce of Cherry-leaves; or put into the hollowneſs of the Tooth the juyce of the Herb Salandine, and ſtrong-water.

60. *Of Teeth ſet an edge.*

The Teeth grow blunt by ſharp or ſowr victuals, eſpecially ſuch as are of a bad quality, *viz.* green, ſowr, and unripe fruit, whoſe roots are full of ſowr and tart juyce, as well as becauſe of vapours which climb out of the ſtomach unto the Teeth: for to be rid of this trouble, it is good to eat old and ſtrong Cheeſe, or Nuts, or Almonds, or to rub the Teeth with the like: or alſo by holding of Purſlain, or a Decoction of it in the Mouth: or to hold in the Mouth the Milk of an Aſs: or by rubbing the Mouth with Wine, after that you

you have rubbed the Teeth with Salt and Sage.

61. *A Cure for a ſtinking Breath.*

For to cure a ſtinking breath, (from what cauſe ſoever it proceed) it is good to waſh the Mouth with vineger of Sea-onion, or with the Decoction of the leaves of Mint, the Herb Baulm, Sow-thiſtle, Roots of Flower-de-luce, of wild Galiga, Annis-ſeed, Fenickle-ſeed, and Paradiſe-corn; to gnaw Nutmegs, Flower-de-luce Roots, Clove-Gilliflowers, or to hold in the Mouth a little Pill, which is made after this manner.

Take Gum-dragant one ounce, Dragons blood half an ounce; let it ſoak two days in Roſe-water, and then add thereto, in a little ſtone-morter, Sugar an ounce and a quarter, Cinnamon three eight parts of an ounce, Musk one ſcruple; this being pounded with a Peſtle in Roſe-water, and it being dryed, make it for uſe to ſmall Pills.

The bad ſent occaſioned by the eating of Garlick, Onion, or Leeks, goes away by gnawing freſh Nuts, or leaves of Rue, of Fenickle, or Parſley.

For to make the breath ſmell ſweet, when

when it ſents not, it will be neceſſary to rinſe the mouth the Morning before with Cinnamon-water, and to hold the ſame a little while in the mouth, or with the water called *Aqua Imperialis*, or with Treacle-water, or to uſe the Roots of Maſter-wort, or of Flower-de-luce, or of Angelica or Maſtick.

62. *A Cure for the Squinancy.*

Againſt Squinancies, make a Poultis of a whole Swallow-neſt, boiled in White-Wine, and then mingle it with Oyl of Cammomile and ſweet Almonds, and put it outwardly upon the Throat; or drink immediately water of *Carduus Benedictus*, with one eighth part of an ounce of the powder of a Boars tooth; or anoint the place with a Salve of Lint-ſeed-oyl and the foregoing Powder; or put thereupon a Pultis of the Turd of a young ſound youth or ſtripling, who has been nouriſhed for three days together onely with Bread of Lupinum which is well baked and kneaded with Salt and leaven, and who has drunk nothing but red Wine, adding thereto as much Honey.

63 *Againſt*

63. *Against Hoarseness.*

Forasmuch as the Speech is of a great moment, the want and necessity of which causes us to seek for means which may take away all hindrances, and assist the same: amongst one of the most troublesome is Hoarseness, which makes men speak softly, and with great difficulty. This will be cured by the following means, by which the Voice shall become clearer and more perceptible.

The Patient shall take at night going to bed, two ounces, or [four or five thin small spoonsful] of Wine, in which good Figs and Raisons have been boyl'd for two hours together, with Sugar, Cinnamon, and Cloves.

Also water wherein red Coleworts have been boyl'd, adding thereto one ounce of Syrup of Venus-hair; and that he shall take in the morning.

The Voice is also made clear by little Cakes made of Diairis-powder, and taken in the morning and at night.

Also Syrup of Jujuben, as also the decoction of Elicampane made with Vinegar and with Honey, in which Liquoris hath been boyl'd, performs the same.

An

An excellent Remedy against this evil, to take this at night when you go to bed; for it makes the almost-lost speech to be restored again.

Brandy-Syrup.

Put one ounce of fine Sugar that is powdered in a little flat dish; pour thereupon of the best Brandy as much as is necessary for to cover the Sugar sufficiently; put the dish upon a Coal-fire, and set the Brandy afire with a burning-paper, renewing the same as often as the flame goes out: Stir the Sugar without ceasing till it cease burning. All the remaining liquor which shall be left on the bottom of the little porenger, not being above one spoonful and a half, the Patient shall take while it is hot. Then you shall perfume his Night-cap with Frankincense, Amish or Gum of Juniper-tree, Mastick, Storax, Benzoin; nay, you shall take Tow or Flax which perfume, and lay it upon the head.

Dyet.

But whatsoever is the cause of the Scarfness, it is necessary to abstain from sowre

ſowre and ſalt Victuals, from raw Fruits Fiſh, and ſlimy things; alſo from Beans Peaſe, Cheſnuts, and other windy things as well as from heavy bread; from drinking Wine between Meals, from ſleeping in day-time, from going in the cold, wind or in the Sun: but above all, from ſtraining his Voice by loud ſpeaking, or hard going; ſilence and quiet being one part of the Cure.

64. *Of Shortneſs of Breath.*

Againſt ſhortneſs of the breath, or difficulty in breathing (otherwiſe called ſhort-winded) beſides the means which are good againſt the Cough, this following Liquor is good, and very uſeful, being made of theſe following, like unto a Conſerve.

Take large Raiſons without ſtones one ounce, two great Figs, one Date, of Hyſop, Venus-hair, Liquoris well waſhed Fox-lungs, diſtilled water of Scabioſa, each the eighth part of an ounce; Penidice two ounces, Syrup of Liquoris, each enough to the third parts of Conſerve: of which Syrup, you ſhall take with a little ſtick of Liquoriſh, a while after Dinner, before or after that you have uſed

uſed a Decoction of the following. Take Venus hair, Marubium, of each one handful, Ani-ſeed, Licoriſh, Dates, Dry-figs, Seed of Fenickle, Ladies-mark, boiled in a pint of water, ſo long, till one third part is conſumed; uſe this every morning two hours before breakfaſt; and preſently after it, or a little before it, eat a little cake of Diairis, or Diahyſopum; anoint the Breaſt with a Salve which is made of this following.

Take Oyl of Sweet Almonds two ounces, freſh May-Butter one ounce, a little Saffron, New wax, (as much as is enough) melted and mingled to a chafing Salve.

For as much as the ſhort-windedneſs is worſe than the Hoarſeneſs or Cough, you muſt take greater care in your Diet when troubled with the ſhort-windedneſs, than if you have a Cough. Therefore you muſt abſtain from the aforeſaid, and all other windy Meats; and contrariwiſe you ſhall feed upon peeled Barley, boiled in ſweet Almonds-milk with Sugar, the juice of red Cabbage; or, you ſhall eat of old Cock with Hyſop and Saffron; you ſhall eat Hens, Pigeons, and the like, roaſted Figs, Raiſons, Dates, ſugared kernels, Pine-Apples, Almonds: moderate motion is good, but above all, it is very bad to beſtir himſelf

much before dinner; and the perturbation and distraction of the mind is far worse.

65. *A Remedy for a Cough.*

Take Hyssop, Colts foot, of each one handful; Figs, large Raisons, Liquorish, of each one ounce; boil this in water, till two third parts are wasted, and drink thereof twice a day, two hours before dinner, and one hour before supper.

Or, let the Patient drink twice a day of Red cole-worts, with a handful of Colts-foot, and one or two small stalks of Hyssop; and these things must boil a little time.

66. *Against the pain in the side.*

Against the pain in the side, (*Pleurisie*) drink immediately Syrop of Violets, or others that are proper for the Breast, with two half ounces of Nettle-seed or Ashen-tree-seed, or water of *Cardnus Benedictus*, our Ladies-Thistle, or of Bryer, or in a spoonful of white-wine, the powder of hasel-nut-shells, the eighth part of an ounce, eighteen grains of Red-Coral; these things being well mingled together,

add

dd thereto the Seed of Mellons, Gourds nd Cowcombers, (being very uſeful for his purpoſe) this you ſhall take luke-warm, s ſoon as it is poſſible after you perceive he Diſtemper. Or, roaſt in the hot aſhes ſweet Apple: when it is roaſted enough, hen mingle it with the juice of Lickoriſh, tarch, and white Sugar; give the Pa-ient this twice a day, two hours before inner or ſupper: or, take the eighth art of an ounce of the powder of a oars Tooth, with juice of ſweet-Al-onds and Sugar-candy: or, with the uice of Red-coleworts, barley-water, or he like things that are ſpecifical for the reaſt: or make aſhes of the piſſe of an Ox, and give the Patient thereof to rink, the eighth part of an ounce, with hite-wine, or with Carduus Benedictus, Barley-water; if this be uſed before e third day, it is a ſpecial Remedy.

How to make Aſhes of the Piſſe of an Ox.

Their Aſhes are made in this manner; hey cut the Piſſe in pieces, laying it up-n an even hearth, covered with a new ot, and round about the ſame fiery burn-g coals, or hot aſhes, renewing the ſame many times, till it is turned into aſhes;

for which, almoſt a whole day is required; but if this pain continues, let him uſe a Decoction of Roſes, Poppies, or one eighth part of an ounce of the powder thereof, with the water of Scabioſa, and Pimpernel, and Syrrup of Hyſop; otherwiſe with Syrrup of Violets: but if there is not any hope to be cured by this, then take one of the beſt ſweet Apples, take out the kernels, and fill it again with fine white Frankincenſe; wrap it up in Tow or Flax, and let it roaſt ſlowly in the aſhes, and give him this to eat who is troubled with the pain in the ſide.

67. *Againſt vomiting of Blood.*

Againſt the Vomiting of Blood, drink ſtilled water of the firſt budding or purtain out of Oak-leaves, or the Decoction of Wall-wort, Lambs-tongue, Thouſand-button, or of Horſe-tail; or let him ſwallow down a little piece of Maſtick, burnt Harts-horn, Goats-horn, Bolus Armenia, Terra ſigillata, red Corals or Amber; the powder of the innermoſt little ſhels of Cheſnuts, or Cork, or Hogs-dung roaſted with unſalted Butter; this you ſhall give him to eat.

68.

68. *A Cure for the Consumption.*

For the comfort and ease of those who are in a Consumption, these means are useful: The Patient shall drink every morning four hours before meat, a little draught of Milk of a she-Ass, or of a Bitch fresh milk'd, putting every time therein one ounce of pounded loaf-Sugar; he shall take every hour Preserve of Roses, or loaf-Sugar, or of the powder of small Cakes, called Diatragacanth: it is very good to drink every morning fasting a full glass of water, which is still'd in a bath (*balneum Mariæ*,) made of all these Herbs, *viz.* of Colts-foot, Wall-wort, Venus-hair, Hyssop, of each a like quantity, with snails without the shells, being washt very clean: the water of Snails stilled alone, is good also against this distemper, as well as for all other dry and lean persons: he shall use little Cakes made of two ounces of Pimpinella, powdered with Sugar, which he shall take every morning, being dissolved in three ounces of Pimpernella water: it is very wholesome to take in the morning of this following powder, a quarter of an ounce, and immediately after take two spoonfuls

of Surrup of Jujuben, or for want of that take ſtilled water of Colts-foot, or of Barley-water (*Ptiſane.*) This Powder is made in this manner.

Take of the four great cooling ſeeds together, one ounce and three quarters, Quince-kernels almoſt half an ounce, white Poppy ſeed ſomewhat more then half an ounce, Liquoriſh balls, pounded Hyſop, Starch, Gum-Arabick, three ſixteen parts of an ounce, Gum-Diatragacanth, Penidice, as much as of all the reſt together; this being each aſunder well pounded, and reduced to Powder, muſt be well mixed together to a Powder.

69. *To cure the Palpitation of the Heart.*

The Patient by the advice of the Phyſician, muſt either bleed or purge, that if it be poſſible the cauſe of the Malady may be taken away.

The outward Remedies againſt his ſickneſs, (when 'tis accompanied with an Ague) will be to drink every morning the Surrup of Lemmons, or the juyce of Sorrel with Roſe-water, Purſlain with Sorrel.

Let the Patient ſmell to Spices that are of a good ſcent and cooling; as Roſes, Flowers of Violets, and Vineger.

Alſo

Also wet a cloth in ſtilled water of Lambs-tongue, Roſes, and Sorril, with a little wine-vineger, and put it upon the left breaſt.

But if the paſſion of the Heart be without an Ague, then take Imperial water, (*Aqua Cœleſtis*) Cinnamon-water, Aqua Vitæ or Brandy; drink of each of theſe apart in the morning faſting: or, diſtilled water of Ox-tongue, in which three ounces of Cloves have been boiled, or ſix ounces of the water of Confilie, the Herb Balm, with two ounces of Sugar mixed therewith: or, the weight of a Crown of the Conſerve of Diameſchum. Let him drink with it diſtilled water of good wine, or water of Ox-tongue, or the Confection of Hyacinth, (which is very good) or the Conſerve of Gilliflowers, and Roſemary, or ſuch like.

Alſo take the water of Ox-tongue, Balm, and Bourage, (a pound together) good red-Wine half a pint, ſugar of Cinnamon, Cloves, Nutmegs, of each a quarter of an ounce; mingle all theſe together, warm it in a diſh upon an hot Tile, then wet therein a Scarlet or linnen cloth, and put it upon the left breaſt.

You shall put in a little bag the Powder of Sandalwood with the aforesaid well-scenting Spices, and heart-strengthening Powders, and lay it warm upon the left breast.

The aforesaid pleasant scents comfort the Heart, therefore the Patient should often smell to them, whether you prepare them for Perfumes, Waters, Powders, or sweet-balls made of Benjamin, Storax, Labdanum, Ambergreese, Civet, or other rich Perfumes, wherewith you may perfume the sick parties Chamber & Cloaths.

Also these Perfumes are good to hang about the sick parties neck, about the bigness of a pea: or, to drink two or three ounces of the distilled water of Ox-tongue, and of Balme.

Also this following water is esteemed a special Remedy: Take of the Hearts of three Oxen, and the Hearts of three Hogs, Nutmegs, Cloves, Seed of Basilicon, of each three eight parts of an ounce; flowers of Burage, Ox-tongue, Rosemary, Marygolds, of each an handful; let these soak one night in Old Malligo or Hipocras.

70. *To cure the faintness of the Heart.*

'Tis good to press and bend the joint of the Heart or Physick-finger, or to rub the

the ſame with a piece of Gold and Saffron: for from this finger, the vertue goes to the Heart.

But foraſmuch as this is a very bad and heavy diſtemper, and a fore-runner of death, therefore 'tis called a timely death. For which a ſpeedy Remedy muſt be provided, and be always in readineſs: if it be but cold water, which they muſt ſprinkle on the Patients face, adding thereto Roſe-water, if it may be gotten time enough.

Their fingers, arms, and legs muſt be tyed, and rubbed hard: they muſt pull the ſick by the hair, and give him a little wine to drink.

Or, give him ſome Aqua-vitæ, or Metheglin, made a little warm, or Imperial water, (*Aqua Cæleſtis*) or let him ſmell good wine-vineger, or rub and anoint his Breaſt with Aqua vitæ, (made a little warm,) by which Motions and Drink the diſperſed vitals will gather themſelves again to the heart.

Theſe means are good for men, but not for women, although you are aſſured the faintneſs proceeds not from the Matrix; if it doth, ſprinkle not any water on her face, but let her ſmell fumes that ſtink, putting them into her Noſtrils.

Such as, Divel-turd, Beverswine, Partridge Feathers burnt on the fire, old shoosoals burned: or you shall perfume her below with Benzoyn, Storax, Musk, Amber, Civet, and the like.

If the faintness proceeds from the decay of the spirit, as it often doth, after a great bleeding, looseness or sweat, then it is not good to bind the arms and legs, nor to sprinkle cold water on their face, but 'tis most expedient to give them good wine, and of the aforesaid waters to drink, and to nourish them with good Victuals, as Chicken-broth, and the like nourishing, soft, and delicate food.

71. *Against continual Burning Fevers.*

Bind upon the Pulse-veins of both Arms the juyce of stinging Nettles, mingled with Poplar Salve: or take an Onion, the middle being taken out, then fill it with Mithridate, and bind it fast upon the pulse of the Right-arm.

Or, two yolks of new-laid Eggs, with soot of the chimney well pounded, mingled with Salt and strong vineger; bind it with a linnen cloth about the arm.

Or, take the heart of a frog, and bind it on the Heart or Back-bone of the Patient,

tient, or lay it on his Liver, or lay upon the hollow of the foot a living frog.

Many make a drink of bruised field-Sorrel, to drink in the greatest heat, and make of the remainder a Poultis to lay upon the back of the Patients hands.

Others perform the same with the juyce of a great Lemon: others lay flea-herb-seed, or five-leav'd grass a soaking in water one night, and then putting Sugar into this liquor, they give it the Patient to drink.

72. *Against Quotidian Feavers.*

It is good to drink (a little before the fit cometh) the juyce of Betony and Plantine leaves; or to drink in the morning a Decoction of the Roots of Ladies-mark, Parsley, Radish, and Asparagus, the leaves of Betony and Harts-tongue, red Spanish Pease, and the middle bark of an Alder-tree.

Or, drink every morning and night, two leaves of five-fingers Herb, with a draught of white-wine: or the Roots of Poppies, and drink a draught thereof about an hour before the fit comes; and in the mean time forbear sleeping. Also bind upon the pulse of the Arms, a Pultise made

made of noble Say, Hyſop, Wormwood, Parſley, Mint, and three-leaved-graſs with white ſpots; pound theſe with wine-vineger to a Poultis, and make thereof ſmall plaiſters for the pulſes.

73. *A Remedy for the Tertian Feaver.*

Soak pounded Patience Roots, three or four hours in white-wine; ſtrain the juyce through a fine cloth, (that it may make about ſixteen ounces) and let the patient drink it an hour or two before his Feaver cometh: or put the ſame a ſoaking in half wine and water, with Plantine Root.

Or, take about half a pint of Lambs-tongue, Purſlain, or Pimpernel-water, a little before the fit come: or, drink every day in the morning and at night, three leaves of five-finger Herb in wine.

Or, take the juyce of Ladies Mark, Sage, wine-vineger, of each an ounce; mingle theſe together to a potion, take it three hours before the Feaver come.

But the beſt Remedy in the world, is to drink two ounces of the juyce of Pomegranats in the morning faſting, five hours before the fit come, and to bind upon the wreſts ſleep-browns, and in the hollow of the feet piles as big as a pea, made of an ounce

ounce of Poplar-seed, and one half ounce of Spiders-web put thereon, until the fit be past: Or, you may (an hour before the fit come) lay this poultis upon the pulses: Sage, Nettle, Rhue, of each an handful, plucked before the Sun rise; Salt, Soot, of each as big as a Nut; pound these together with wine-vineger to a poultis.

Others do more commend a Salve made of Earth-worms boyled in Goose-grease; anoint the fore-head therewith, and the patients Temples, before his fit cometh: or, put to his Neck the horns of a flying Hart, (*Horbeder*) this is a singular Remedy.

74. *How to Cure a Quartan Feaver.*

Take two white loaves, as hot as they come out of the Oven, let them soak in a pot of wine-vineger; still it through a Still, and give the patient of this stilled water to drink about half a pint, two hours before his Feaver come: or, the juyce of the female wool-herb is a special Remedy, being prest out with white-wine, before it buds, and taken a little before the fit comes.

The juyce of the Herb Colts-foot hath the same vertue: also the Decoction of the

the Roots and leaves of Iron-herb, boyled in white-wine.

Alſo the Decoction of clean-Mint, Poley, Oreya, Oxentongue, Borage, Betony, Thime, Agrimony, the rind of Thamarisk Root, Aſh, and Sparagus Roots boyled up together in white-wine: or the powder of Myrrha drunk with Maligoe; likewiſe pills of Myrrha and Triacle, of the bigneſs of a Spaniſh pea, ſwallowed down an hour before the fit come.

Alſo diſtilled water, or the Decoction of Carduus Benedictus, drunk before the fit come, is very good.

Alſo the juyce of Wormwood and Rhue ſetled and clear: or the juyce of Lambstongue drunk with honey-water. Alſo the pounded Root of Mans-ear, dryed in the Sun, or in an Oven, the eighth part of an ounce, taken half a quarter of an hour before the fit come.

Alſo if you drink one ounce or two of the juyce of bruiſed Alder-roots, once, twice, or thrice before the fit come, it will leave you: or having purged, drink white-wine wherein Sage hath been ſteeped a whole night; beſides, anoint the back-bone, the hollow of the feet, the palms of the hands, the fore-head and the Temples, with Treacle, Mithridate, or Scorpi-

on

an-Oyl: the Oyl of Bay-berries, mingled with Brandy, hath the same vertue.

Some superstitiously eat Sage for nine days together, the first day nine leaves, the second eight, and so consequently every day one less, until the nine days be past.

75. *A Cure for the Shaking in the Ague.*

Eat before the fit come, a peeled head of Garlick.

76. *Against Thirst in an Ague.*

Hold upon your Tongue a three cornered stone, which is found in the head of a Carp, a stone of a Snail, a piece of Chrystal often laid in water, a piece of Silver or Gold; or leaves of Roman Sorril, of Purslain, of Stan-crop, or peeled seed of Cucumbers, House-leek leaves.

77. *A Remedy against the Plague.*

Make distilled water of the Queen of the fields, steeped before in White-Wine: or put a piece of Gold, or, of its filings, or leaves of beaten Gold, a soaking in the juyce of Lemons twenty four hours; mingle this with Wine-vineger, and with the

pow-

powder and decoction of Angelica-roots, and give it to him that hath the Plague: or take two old Oaker-nuts, one Fig, ten leaves of Rhue, one corn of Salt; bruiſe theſe together, then mingle them, and roaſt them in the aſhes, and ſprinkle them with Wine to an Antidote, and give it to the infected perſon.

Or, take an head of Garlick, leaves of Rhue, the Herb Salandine, of each twenty; pound them together with White-wine, and a little Brandy that is let through, to a potion; of this let him drink half a pint.

Three quarters of a pint of Wine, ſix ounces of the Water of Orange-flowers, drunk, driveth away the Malignity of the diſtemper by ſweating: ſo doth the juyce of Marygolds, Gilliflowers, and of the Herb Scabioſa.

Upon the ſwelling of the Plague, you muſt lay a hot loaf being opened in the middle: or a white Onion filled with Treacle or Mithridate, made ſoft with the juice of Lemon, well ſtopped and roaſted in the aſhes till it is enough; then bruiſe it, and lay it upon the ſwelling.

Alſo they may drink the juyce that is preſſed thereout, and lay the remainder upon the ſwelling; which hath the ſame vertue.

Againſt

Against the Carbunckle, or other pestilential swellings, take pounded Rhue, with sowr Leaven, Figs, Spanish flyes, Onion, Sea-Onion, unquenched Lime, Soap, Ammoniack, and a little Venice-Treacle; make a plaister thereof, lay it to the swellings, and it will break them.

Or, dry a Toad, either in the Sun or in the Oven; make her into powder, lay the powder on the swelling, it will draw out the poison.

Or, put thereupon a living Frog; if he dyes, lay on an other, and renew this often, till the Frog remains alive, so you shall draw out all the poison.

78. *A Cure for Hanging-Breasts.*

Make a Salve of the remainder of the dregs of Flax-seed Oyl, a little gum of Arabia, Dragant, Mastick, and Campher, or Partridge Eggs; renew it often.

Or, wash them with the distilled water of fresh Pine-Apples, or with the juyce of wild Pine-Apples.

79. *A Cure for Ulcerated Breasts.*

If the Breast be ulcerated because of the superfluity of suck, take mire out of the Grinders or Cutlers trough, and cover the Breast therewith, and the pain will

Goard-

ceaſe in one night; you may add thereunto a little Oyl of Roſes.

But if the Teats be much infected, lay thereupon the pap of Rice-Meal, or the flour of the beſt Wheat, boyled thick in Red-wine, as hot as you can ſuffer it.

80. *How to increaſe Milk.*

Uſe often Fenickle-juyce, or drink the juyce of Ladies-mark, or of Beets; or powder of the Root of our Lady-Thiſtle, adding thereto freſh Fenickle-ſeed, and a little burnt powder of the fore-feet of a Cow, with Wine, or Chicken-broth, or ſnch like: or, fine powder of Mountain Chryſtal, drunk with Wine or Mutton-broth; or, eat boyl'd Coleworts, prepared with Pepper; or, boyled Roots of Neck-herb with Pepper.

81. *How to dry up Milk.*

Lay upon the Teats the Roots of the Herb Salandine, bruiſed and boiled: or, bath the Breaſts with ſowre vineger water, or lay thereupon a pap of Bean-Meal; or of Rhue, Sage, Mint, Wormwood, Fenickle, and rolls ſodden and mingled with Cameles Oyl, or freſh and green Goard-leaves, or bruiſed and pounded Crab-fiſh.

82. *Againſt*

82. *Againſt any hurt by ſwallowing down Horſe-leeches.*

If any in drinking have ſwallowed down any Horſe-leech, or ſuch like, give him to drink wood-lice, with ſtrong vineger.

If a Serpent be crept into the body of any being aſleep, having his mouth open, nothing is better than to receive through a funnel in the mouth, the ſmoak of an old ſhoo-ſole: or drink a Decoction of Iron-hearb boiled in white-wine, *probatum eſt.*

If you have eaten bad Muſhromes, then drink Honey-Vineger, with pounded hens-dung, and you ſhall preſently be freed from any harm, or ſuffocation of the ſtomack; or drink lie of Vine-branches with a little Salt.

83. *Againſt the Hiocough.*

It is good to ſtop and retain oftentimes the breath, to ſtop both Ears, keeping up the head, and the mouth open, looking upwards.

Alſo endeavour to ſneeze, to uſe labour, to ſuffer thirſt, to throw cold water on the patients face, and to make him afraid.

84. *Againſt Belching.*

It is good to eat faſting, pounded Fenickle,

nickle, Anis, Carawaies, and Coriander: or to drink twice or thrice in the morning the Decoction of Bay-berries boyled in wine, with the afore-said seeds, and to lay upon the stomach a little bag of worm-wood, Rhue, Marjoram, and water-Mint.

85. *To strengthen the Stomach.*

If the weakness of the stomach proceed from an hot cause, then (if the patient perceive after eating and drinking a pain in the head, and stinking belching, with vomiting, accompanied with excessive slabber, and an inclination to vomit,) it will be convenient a loaf and an half, or an ounce and a quarter of Hiera-simplex, with the Decoction of Spanish pease, or two or three ounces of water of Worm-wood, and after Meals, to use prepared Coriander, abstaining to drink suddenly after it, or to sleep in the day time.

Also 'twill be good to take once a week, a Confection of Myrobalan, to strengthen the stomach; but if the patients mouth be dry, thirsty, and brackish, let him take Syrup of Roses, Sorrel, and of Quince, with Cicory, or Endive-water, or boyled water made cold again; then let him take Bitter-holly as above.

You

You shall anoint the stomach with Oyl of Roses and Quinces, and lay thereupon a Plaister of red-Roses, Sandal-wood, and other cooling and heart-strengthening things; but none that are heating, lest you increase the evil.

If the weakness of stomach proceed from tough slime in the top of the stomach, which causeth a sowre wind, and hindreth concoction; take Pills proper for the same, by your Physicians advice.

In this case Anis and Fenickle is good after meals, and toasted bread soaked in boyled Wine, Hypocras, or Malmsey.

For outward Remedy, 'tis good to anoint the stomach with Oyl of Mastick, and of Nardus, and sometimes to lay upon it the same toasted Bread, soaked in good Wine, covered with powder of Cloves and Nutmegs; or to wear on the stomach a Plaister of these following things, Mastick, Labdanum, of each an ounce, powdered or pounded Wormwood, and Mint, of each one eighth part of an ounce, Turpentine as much as is needful to mingle the other to a Plaister; this being mix'd according to art, you shall spread it upon a piece of Leather.

This weakness of the stomach proceeds manytimes from slime, which falleth down from

from the head, whereby the ſtomach being cold, doth with difficulty digeſt what it receiveth.

The beſt Remedy is faſting, whereby the ſtomach is emptied at leiſure, digeſting the meat ſlowly. But when the pain is very great, then vomit to empty the ſtomach from that which troubleth it; or drink ſpiced Wine or Hypocras.

Then ſtrengthen the ſtomach by heat and good ſents, as with Heart-ſtrengthning Powders and Flowers, put into little bags, and lay them upon the ſtomach; they may be made of Cammomile, Marjoram, Rhue, Wormwood, Cloves, Cinnamon, and Nutmegs.

And for the clearing of the ſtomach, let the Patient a little before meals take a little pill, or powder of bitter holly (*Hiera ſimplex*) or if the ſtomach be much out of order, then let him take in the morning three or four hours before dinner, three of the aforeſaid little Pills.

Let the patient eat little, and light meats, and ſuch as will eaſily digeſt; as boyled meat, and fleſh eaſie of digeſtion.

Let him drink good wine, yet little, ſeldome water, but never ſowre wine, or new wine. After Meals let him take a ſpoonful of this following Powder, (which

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the ſtomach will digeſt,) Take Aniſeed, Lemon-ſeed, Cinnamon, Liquoriſh, ſcrapings of Ivory, one ſixteenth part of an ounce, loaf-Sugar as much as is neceſſary; mingle this to a fine powder.

Let the patient be well cloathed againſt the cold; let him keep his head and feet moderately warm, and always dry; let him keep to his ſtomach a piece of Crimſon cloth, upon which let him ſpread Gilliflowers, Cinnamon, and other well-ſented powders; or a Kites skin, or other ſoft skin to keep his ſtomach warm.

86. *Againſt the Loathing of the ſtomach.*

From the great abundance of Slime, of courſe and tough humours, the ſtomach is brought to loath that which it receives, and agreeth not with the patients taſt, being continually hindred by reaſon of continual dryneſs and bitterneſs in the mouth, ſometimes vomiting yellow ſtuff as bitter as gall: for a Remedy, the Gall is to be cleanſed, the patient is to bleed, and uſe ſuch means as may conduce to his recovery: to make him hungry, let him drink in the morning a Decoction of Wormwood, or juyce of Mint; and for the ſharpning of the Appetite, and comforting

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the ſtomach, let him take fig-beans made in ſweet-water, then pound them with wine-vineger, and ſo drink them.

The ſame effect hath the Gum of the Cherry-tree taken with wine and water.

Alſo a Decoction of wild Chervel, or courſe Marjoram, as well as Indian Pepper, and the kernels of the fruits of Sance-tree, (*Berberries.*)

Alſo the ſeed of young Rapes with ſuger, or the ſame ſeed laid in pickle and Oyl: but in caſe none of theſe means will help, then give the patient all ſorts of Meats, according to his will and diſcretion, (although they be not good for him.) He ſhall alſo ſatisfie his deſire in his ordinary drink, and uſe clean juyce of Pomegranats alone, or mixed with wine.

87. *Againſt Vomiting.*

Take a ſlice of Toſted-bread, let it ſteep in Clarret-wine, and ſpread thereupon powder of Maſtick, and lay it warm upon the ſtomach, renewing it every three hours.

Or, take water-Mint two handfuls, red-Roſes one handful; let them boyl up in wine: then take Toaſted-bread, well ſoaked in wine, two ounces; mix theſe with

powder

powder of Mastick, one eighth part of an ounce to a Poltis, to prepare the stomach against the Symptome.

But if the Vomiting be accompanyed with a Feaver, then soak and boil the Mint, Roses, and Toasted-bread, in vineger.

Also Mint, or water-Mint bruised, mingled with Oyl of Roses, and laid upon the stomach, is good against all kinds of Vomiting; besides, it is good after Meals to swallow a mouthful of water: or to eat a piece of Quinee-Herb, without drinking suddenly after it: or to swallow in the morning with Wine, two hours before break-fast, five or six whole pepper-grains: or Syrup of Mint or Wormwood, or green Ginger.

Likewise it is expedient to bleed by Cupping-Glasses, on the lowermost part of the stomach, or under the Navel, without pricking, especially when you eat; and to rest after Meal without speaking or coughing.

88. *A Cure for the pain of the Stomach.*

Fill a dish with hot ashes, sprinkle them with Wine, cover the dish all over with a cloth; hold this warm to your belly:

or lay warm upon the ſtomach a little bag of Salt very warm.

Or, take crums of Bread, as hot as they come out of the oven, put it in the Oyl of Cammomile; after it hath ſoaked therein, wrap it up in a linnen cloth, and lay it upon the belly.

Or, fill the bladder of a Hog with decoction of Laurel, Oreya, Marjoram, Mint, Thime, Cammomile, Nipta, Melilot, Anis, and Fenickle; lay it warm upon the ſtomach, and renew it when it begins to be cold.

Or, knead a cake of Rye-leaven with Wine, and an handful of Wormwood, water-Mint, and Roſes, and lay it to the belly.

89. *To kill the Worms in Children.*

Let them eat confection of Rhubarbar, or the Preſerve of Peach-tree flowers.

Or, drink diſtilled water of Gentian.

Or, the juyce of Lemons, water-Mint, Baſilicon, Purſlain, Rhue, or Wormwood.

Or, a ſmall draught of Wormwood-Wine, with the Powder of Earth-worms, firſt dryed, and then burnt upon an hot Tile, and afterwards pounded ſmall.

Or; the eighth part of an ounce of

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the Powder of Carduus Benedictus, or Corallina.

Or, lay upon their Navel a Poltis of Wormwood, and an Ox-gall, in the decreaſe of the Moon.

90. *A Cure for the Griping of the Guts.*

There is nothing better than to carry about one a Ring, or little box of Silver, in which is incloſed a ſmall piece of the Navel of a new-born Child; let the Ring touch the fleſh.

Alſo, let the Patient (during the pain) drink a ſmall draught of the beſt white or red-wine.

Or, drink four or five ounces of Oyl of Nuts, of Flax-ſeed, of Peach-tree kernels.

Or, drink Cammomile-water, or water in which Hempſeed hath been boiled: or, Wine, in which ſtamp'd Elicampane-Root hath been ſoaked ten or twenty hours: or, the Powder of the pizzle of a Stag, drunk with water: or, Hens-dung, with Hypocraſs made of honey and wine.

The little bones which are found in Woolfs-dung being bruiſed; nay, the dung of the Woolf bruiſed, and drank with Wines, is good againſt the Colick.

Or, take the Heart of a Lark newly

killed, and bind it to the calve of the leg.

Also a Clyster made of pickle.

Also, a fresh skin, or the net of the guts of a Weather newly killed, and laid warm to the belly.

Also a Plaister made of Wolfs-dung.

Or, take hot ashes, and put them in a dish or pot, pouring thereupon a glass of good red-wine: cover it with a cloth four double, and lay it upon the belly, this will give present ease.

91. *Against Oppilation.*

Against Oppilation, and for the mollifying of the belly, eat in the morning sweet black Cherries, Peaches, Figs, or Mulberries; drink the first juyce of Colewarts, Beets, the leaves of Peet-cheese, or of Lettice without Salt.

Or, lay upon the belly pap made of the Root of Hogs-bread, the Gall of a Bull mixed with honey: Colloquint-leaves: or, make a Stick-pill of Bacon, Mallow, or Beets.

92. *A Remedy for the flux of the Belly.*

The looseness or flux of the belly is of two

two sorts: first, the Dienteria, which is most dangerous: it is occasioned, when that which is eaten is by reason of great Indigestion thrown out as it was taken in, without any stinking.

The second is the looseness called Diarrhœa, when there is onely a single flux and course of wateriſh and slimy humours.

There is a third flux called the red-flux, or Dissenteria, wherein blood is mixed with the Excrement, or when the sick voids blood onely.

Looseness Dienteria.

Concerning the first, (because such fluxes happen seldome, but by a strange accident, or to those who dye because of extreme Age, and because the same is dangerous) they who are not able to pay the Physician, may make use of the following Remedy.

Let the sick take Surrup of Wormwood, with honey of Roses: or, with the water of Betony, Fenickle, and Wormwood, four or five mornings, of each a spoonful.

The patient shall excite vomiting, (in case he be not inclined thereto) by some means, (which are useful thereto.)

Next, he shall strengthen the stomach

with with Oyl of Nard, Spicknard, Mint, and Wormwood.

Or, with a ſtomach-plaiſter of Galenus, ſpread upon leather, and laid to the belly.

Or, you may put to the ſtomach a little bag filled with Wormwood, Mint, and dry Marjoram.

In the morning let him take a little piece of the ſmall Cakes which are made of Aromatick powder, (which you may have at the Apothecaries) called Aromaticum Roſatum.

Alſo a little of a well-ſugared Lemon-Pill; and before he eateth, let him take ſome Marmelade.

Second Looſeneſs, Diarrhœa.

For the ſecond, that this looſeneſs or flux of humours is not always a ſickneſs, but rather a benefit of nature, and wholſome to him that hath it, if it be not accompanied with a Feaver, if it laſts not long, and if there be not any bloody flux to be feared.

When this looſeneſs is without a Feaver, you muſt let it take its courſe for three or four days, that the body may be exonerated of bad and ſuperfluous humours.

At the end of that time, (if it be accompanied

panied with a Feaver,) or if you fear a bloody flux (being threatned by one drop of Blood) then you shall use these Clysters or Infusions which are drawing.

Take Mint, Sage, Marjoram, Benagie.

'Tis good to use Milk wherein Iron or Steel hath been quenched; or half Milk and half water boyled to the half.

Or, powder of Harts pizle drunk with water: or, roasted Rice: or, the eighth part of an ounce of pownded Mastick, with the yolk of an Egg.

Also you may make a Plaister of wheaten Meal, soak'd in red-wine, and baked in an oven, and laid warm to the belly.

Bloody Flux.

Against the Bloody Flux, give the sick red-Wine to drink, dried powder of Hare-blood, of powder of mans-bones, of a dogs-turd (the dog having fed three days upon Bones onely;) let these be dry, to make a powder of

This you shall give the sick twice a day, for two or three days, with Milk wherein fiery flint-stones have been quenched.

Or, give him to drink still'd water of Burse, Prince-print: or, of the first sprouts of Oaks: or, a Decoction of Bloudwort:

or, powder of Lambs-tongue-seed: or, of burnt snails, and of bramble-berries, with a little pepper and gall-nuts: or, of burnt-Goats or Stags-horn: or, of the pizzle of an Hart, prepared as was shewed before, Sect. 66.

Drink also (to stop the flux) the Decoction of Dove-Nettles: use broth wherein Coleworts have been well boiled: or, the juyce of Granates; nay, the Granate Apples themselves, oftentimes Rhabarbar.

'Tis good also to use Sallats of Lambs-tongue and Sorrel.

Infusions and Glisters may be made of Lambs-tongue and Horse-tail, and of all kind of stopping things. The Dyet may be found Sect. 114. of the Monthly Flux.

93. *How to stop the excessive bleeding of the Vein under the Tongue.*

Drink Lambs-tongue-water, with the eighth part of an ounce of Coral, hot Iron Scales pounded; warm them with a Decoction of Wool-leaves: or, instead thereof, a pap made up of burnt paper, the remainder of Lead: or, of Bolus Armenius, with a little of the white of an Egg: or, powder of burnt or unburnt Oyster-shells; mix these with a little fresh butter,

and

and lay it in a pap upon the Vein.

94. *A Cure for the pain of the Paps.*

Make a little pap of the crums of a white-loaf steeped in sweet Milk; mingle it with two yolks of Eggs, a little Saffron, and Poplar Salve.

Or, you may make an Oyntment of unsalted Butter, Flax-Seed-oyl, the yolk of an Egg, and a little wax.

Or, you may make an Oyntment of fresh Butter, and burnt Cork; which is better than the perfume of grated Ivory.

95. *Against a hot enflamed Liver.*

Eat with your Meat Lettice, Sorril, Purslain, Cicory, and Hops; and drink sometimes stilled water of the same Herbs: or, Endive-water: the water also in which these Herbs have been boyled is very good.

96. *To Cure a stopped Liver.*

Drink the Decoction of the Roots of Cicory, Parsley, Fenickle, Ladies-mark, Dogs-grass, stinging Palm, Sorril, Venus-hair, Hops, and saw-dust of Ivory.

Also give the patient sowr Surrup of

Sea-Onion, (*Oxymel Squilliticum.*) Women ſometimes have Obſtructions in the Liver, when their Monthly flux is hindred: in ſuch caſe they ſhould bleed on the Mothe-vein, (*Saphena*) being ſcituate about the Ankle, within the foot; and ſhe ſhould take at the new of the Moon, ſeven or eight mornings together, half an ounce of Triphera magna, and three ounces of the water of St. Johns Herb, Hyſop, of Fenickle, or its decoction; and of opening Roots boyled in water, and one third part of wine.

97. *A Remedy for the Jaundice.*

Drink faſting one eighth part of an ounce of Goats-dung, after it hath ſtood nine days in white-wine.

Or, a Decoction of Strawberry-leaves and Roots: or, take Mare-ſprigs, white-brambles or briars, about an handful, plucked before Sun-riſing, Parſley-Roots two or three; pound them with white-Wine, (as much as will be neceſſary) ſtrain the wet through a cloth or five to a potion, and drink thereof morning and night the quantity of half a drinking-glaſs; this is an excellent Remedy, but not to be uſed by any woman with Child, but inſtead thereof,

thereof bind on her Pulſes, and in the hollow of her feet, leaves of Mare-ſprigs, Oak, Salendine, and Malrove, bruiſed with a little wine to a pap.

Or, Earth-worms waſhed in white-Wine, then dried and reduced to powder; take of this a ſmall ſpoonful, with ſome Wine.

Or, the patient may drink the decoction of Wormwood or Malrove: or, he may drink ſeveral days together, faſting, his own Urine: or, a little Wine with Goats-dung.

Three leaves of wild-Rocket carried in the left hand, cureth (as ſome report) the Jaundice.

98. *To Cure the Black Jaundice.*

The black Jaundice proceeds rather from the Milt, (or Spleen) than from the Liver.

After the uſe of Syrrups, Potions and bleeding is good: or to ſet wind-cupping-glaſſes, without pricking, on the left ſide of the Milt.

Then lay a piece of Felt thereon, being wet with good white-vineger made warm, and keep it to it while 'tis warm, warming it three or four times.

Then

Then anoint the Milt (four or five days together) with a Salve of Dialthæa; and the following four or five days (or longer) wear thereon a Plaiſter made of Gum Ammoniack, melted in ſtrong vineger, and ſpread upon leather.

99. *How to Cure the Dropſie.*

Make a Potion of bruiſed Bryne-ſeed in white-wine: or, of the Flower of blew Flower-de-luce-wort: or, of Mans-Ear: or, drink for ſome days faſting your own water.

Honey-water is a certain Remedy, with powder of Glaſs burnt ſeven times, and extinguiſhed again, mingled with the juyce of blew Flower-de-luce in white-wine.

Lay upon the ſwoln place a Poltis of hot Cow-dung; with which, 'tis reported, a certain Phyſician of *Myſia* cured all Dropſies: or, lay on the Swelling live Snails, unwaſh'd, bruiſed with their ſhells.

100. *A Cure for the Oppilation of the Milt.*

The Milt receiveth the black-gall, cleanſing and purifying the Blood, that it may the better nouriſh. As long as it is in good

good order, it makes a man chearful and merry, but when it swells, and groweth bigger than is fit, by too much black gall, the Oppilation or stopping of the Milt is occationed, which hindreth good Blood; hereby nourishment is corrupted, the Members suffer and dry up, the Heart is sad, the Face is black, and after meal the patient will find a pain in his left side.

Whether it proceeds from an hot or cold humour, the Cure may be this.

Open the Milt-Vein, (*Salvatella*) which is between the heart-finger and the little finger of the left hand.

If the pain be accompanyed with thirst, loathing, or dryness of the Tongue, 'tis a sign the stopping proceeds from a hot humour.

Then let the patient take four or five mornings fasting, Syrrup of Endive, or Harts-tongue.

Then let him take a Potion of half an ounce of the juyce of Roses, and three ounces of the Decoction of Harts-tongue and Caper-Roots, which the patient shall take five or six hours before dinner.

Also half an ounce of Cassia, and six eighth parts of an ounce of prepared Sene-powder, with water of Harts-tongue.

These cleansing Potions being used, anoint

anoint the Milt with oyl of Roſes, or Flax-ſeed: or, lay thereupon a Plaiſter of the aforeſaid Oyls with Flax-ſeed and Caper-Roots: or, of Night-ſhade, Purſlain-ſeed, and Powder of Lambs-tongue mingled with wine.

If the ſick have but little deſire to eat, and cannot well digeſt what he hath eaten, or hath ſowr belchings, it ſheweth that his ſickneſs proceeds from black gally cold humours.

Then give him a Syrrup of Stæcha, and of Harts-tongue: or, vineger of honey ſetting of water, (*Oxymel diureticum*,) with a Decoction of Harts-tongue and Caper-Roots: you may (increaſing this Decoction) add thereto Roots of Ladies-mark, Parſley, Mint, and Thamarisk.

Then purge the black gally humour with this Potion.

Take Diacatholicum one ounce, prepared Sene-powder a quarter of an ounce, water of Wormwood, or Harts-tongue, or of the aforeſaid Decoction three ounces, to a Potion.

As for outward Remedies, you muſt anoint the ſide of the Milt with Oyl of Flower-de-luce, and of Dill, or with ſweet Butter, or Suet, Hens-greaſe, or Partridge Suet; mingle all theſe together.

Or,

Or, you may chafe the left side with the Salve of *Dialthæa*: let the sick drink white-Wine, or the Decoction of Harts-horn, night and morning.

Let him also eat two Figs, with the powder of Pepper, Hyssop, and Ginger; let him mingle his Wine with steeled water: he shall also use Capers, with Oyl and Wine-vineger.

101. *For the pain of the Milt.*

Against the pain and heavinesse of the Milt, drink Wine in which Hearts-tongue, Asparagus, and Hops have been boiled.

Or, drink often fasting, juyce of red-Coleworts which are half boyled.

Or, the Decoction of Roman-Wormwood, Hart-wort: or, of small Santory or steeled-water.

102. *Against the pain of the Gravelish Colick.*

Make a Decoction of the leaves and flowers of Camomile, boyled in half white-Wine and half water, until a third part be consumed; give this to the patient to drink luke-warm, and the pain will cease.

103. *A Remedy for the Stone of the Reins.*

You ſhall often drink of Birchen ſprigs. This water muſt be gotten in the ſpring, becauſe the ſtock or rind being then cut, yields much water.

Alſo the Fruit of Eglantine or ſweet-Brier before it be ripe, well ſugar'd, in the faſhion of a Marmelade: the ſeed which is incloſed in the Fruit being taken, (at the laſt quarter, and on the firſt days of the following New-Moon.)

You ſhall often drink Wine with the powder of the Herb Reſt-harrow, or of Rhine-berries, or Gum which groweth on the rind of the Vine: or ſeed of Gooſe-graſs pounded ſmall: or, diſtilled water of Radiſh and Nettles, with ſome Sugar: or, water of Bryne-graſs: or, of wild or, the juyce or water of Raddiſh, mingled with the Powder of burnt Egg-ſhells, Medlar-ſtones, Partridge-Eyes, Magpye-brains: or, the innermoſt skin of the ſtomach of a Hen or Capon: or, take the Roots of Eringo-Thiſtle, the Heart firſt taken out and made very clean; let it ſoak in Fountain-water eight hours; boil it to the conſumption of the half,

adding

adding thereto bruiſed Liquariſh. Let it cool ſlowly; and uſe it in the morning faſting.

For outward remedies, lay a Poltis upon the Reins, of Pellitory of the wall: or, of the Roots of Cypreſs, and leaves of the Roots of Alicampain boyled in Wine; but the beſt Remedy is, To prepare a Bath of water, in which are boyled the leaves of water-Parſley, Mallow, Poppies, Violets, Pellitory of the wall, & Camomile-flowers; lay this on the Reins while you are in the Bath, a little bag with Rolls, and water-Parſley.

104. *To take away the Stone of the Bladder.*

Drink the juyce of Lemon with white-wine: or, bruiſe Medlar-ſtones, firſt waſhed in Wine, and then dryed into a Powder.

Alſo the ſeed of Bryne, Pimpernels, Aſparagus, Stone-break, Mellons, Pompeons, little Citrons, bruiſed in white-Wine.

Or, make Powder of Spongy-ſtones, and of the ſtone which is found in the head of a Crab.

Or, Haſel-nut-ſhells: or, Gum of black-Cherries, taken with White-wine, or the juyce

juyce of Radiſhes: or, diſtilled water of the Husks of Beans, red Fitches, and the ſeed of Poppies.

But beyond all, is, Glaſs made fiery hot, and quenched in water of Beans; or, Stone-break bruiſed ſmall, and given to the patient; it breaketh the ſtone in what place of the body ſoever.

If it be in the Bladder, Egg-ſhells, out of which a little Chicken hath been taken and hatch'd, made into fine Powder, taken with white-Wine, water of Beans, ſtilled through the Helm, is excellent againſt the detention of the Urine, and ſtone of the bladder.

105. *Againſt Scalding Urine.*

Uſe the Decoction of the four cold ſeeds: alſo, when you make water, hold your Privities in ſweet Milk.

Or, take one eighth part of an ounce of the froth of the Sea made into Powder, and one ounce of the Marrow of Caſſia; then take the pap of Caſſia, with wine-vineger, and lay it upon the Reins, and other cooling things: never ſleep on your back.

106. *To prevent Pissing in Bed.*

Eat often of a Goats-lung roasted: or, drink Wine with the Powder of the Brains and small Eloes of a Hare: or, of the bladder of an Hog, Sheep, or Goat: or, the Powder of the Root of Liver-wort: or, Crow-foot, *(Bistorta)* or, of Tormentil, with the juice of Lambs-tongue: or, Sheeps-Milk: or, the ashes of the flesh of an Hedg-hog.

107. *Against Drop-Pissing.*

Take whites of Eggs, Snails, of each one pound, of the four great cold seeds, small seeds, of each half an ounce, Lettice-water half a pound, Marrow of Cassia four ounces, Turpentine three ounces; bruise what is to be bruised, set it soaking one night, and then still it through an Helm, in a warm water-Bath, to a Potion.

Let it stand before you use it: let the patient drink of this stilled water half an ounce, and one part of an ounce of Sugar of Roses, continuing to do this some time.

108. *A Remedy againſt painful Piſſing.*

Drink the juyce that is preſſed out of common Black-Cherries: or, out of winter-Cherries, or the Decoction of the Roots of Radiſhes, Sorril, Eringo-Thiſtle, Elicampane-Root, white-brambles or briers, Sparagus, Graſs, or of the Herb Reſt-harrow.

Beſides, lay upon the yard, and round about the Privities, a pap made of fleas, mix'd with the Oyl of Bitter Almonds: or, with the fat of a Rabbet: or, which is better, put into the yard two or three fleas or Wood-lice: or, drink white-Wine, with bruiſed Cheeſlips, which are found in Cellars: or, make them into powder, and drink them with White-wine: or, the ſtilled water of the rinds of Reſt-harrow-wort, ſoaked before in Malmſey.

109. *Againſt the Inflammation of the Yard.*

Take Cow-dung with flowers of Camomile, Brambles, and Melilot, to lay upon the Clods; this will take away the Inflammation immediately; alſo the pap which ſhall be deſcribed, Sect. 110.

110. *Againſt*

110. *Againſt the Inflammation of the Matrix.*

Make a Clyſter of the juyce of Lambs-tongue, Night-ſhade, or of Stancrop.

Or, lay thereupon the pap of Barley-Meal, the rind of Pomgranats, with one of the three aforeſaid Juices.

111. *Againſt the riſing of the Matrix.*

Chafe the Legs downward, and tye them ſtiff: alſo bleed by Cupping-glaſſes upon the thigh: rub the belly downward, from the little hole of the Heart, unto the Navel.

Let the patient ſmell to ſuch things as ſtink; as burnt Partridge-feathers, ſhoo-ſoles: hold underneath her Gilliflowers, Marjoram, Amber-greaſe, Civet, or Wool-leaves, of the uppermoſt of the ſhoot.

Alſo let her drink Wormwood-water, with Mithridate about the bigneſs of a bean.

Or, fifteen red or black ſmall grains of Piony, bruiſed and put into White-wine: or, a leaf of great Burs laid under the hollow of the foot.

Let the patient drink every night when ſhe goes to ſleep, three ſpoonfuls of white-Wine,

Wine, wherein an ounce of wild-Vine-root hath been ſoaked and boyled.

If the woman be big with Child, let her lay cloſe with her Husband: he aforeſaid Remedies are dangerous for a woman with Child.

112. *Againſt ſinking of the Matrix.*

Let the patient vomit, rub her Arms, and tye them ſtiff, and ſet Cupping-glaſſes on the Breaſt, without pricking; let her ſmell to things well-ſcented: you may uſe below other ſtinking things; let her drink tart red-Wine, with powder of Harts-horn, or of dry Laurel-leaves.

Or, make a Poultis of bruiſed Garlick mingled with water: or, of green bruiſed Nettles.

This being put to the belly, will bring the Matrix to its place: or, take the leaves of Poppies boyled in Oyl and Quail-ſuet, and lay it to the belly as a Poultis: or, the aſhes of Egg-ſhells out of which Chickens have been hatched, mingled with pitch, and laid upon the belly: or, the leaf of great Burs laid under the hollow of the foot, draws the Mother downward; but being laid to the Crown of the head, draws it upward.

113. *For the white Flux.*

First, let the body be cleanſed, then drink the juyce of Lambs-tongue, or Purſlein-water, with Powder of Amber, Coral, Bolus Armenius, Terra-ſigillata, prepared Steel, Spunge burnt in a pot, and Sea-ſhells, firſt burnt, and then waſh'd in Wine and dryed.

Concerning outward Remedies, make a Lye of the Aſhes of an Oak, Fig-tree-wood: or, of young Willow-trees, in which you ſhall boyl the rinds of Liver-wort or Crowfoot, (*Heſtorta*) Periwinckle, winter-Roſes, with a little vineger and ſalt; with this you ſhall make a Bath, and ſit therein to the middle of the body.

114. *Againſt the Monthly Flux.*

Let the patient drink the juyce of Lambs-tongue, with the powder of the dryed bones of Sheep: or, powder of St. James's ſhells, Coral, Harts-horn, burnt-Egg-ſhells: Powder of Fullers wool-cards, or Scales of Iron, firſt ſoaked in vineger, and made into powder.

Concerning outward Remedies, lay on the Navel hedg-Snails well bruiſed: or, the

the husks which lye between the kernels of the nuts, being burnt; bruiſed ſmall, and mingled with Wine: or, make a pap of Chimney-ſoot: or, take the black which is ſcraped from the bottom of a Kettle, mingled with the white of an Egg: or, the juyce of Dove-nettles, or of Wool-hearb; this you muſt lay upon the loyns, or the lower part of the Belly.

Or, fill a great bag with bay-Salt, put it in freſh well-water, and lay it behind the hollow of the Loins.

Or, the Gum of a black Cherry-tree, ſoaked in the juyce of Lambs-tongue, and put it into the Matrix by little ſpouts: or, lay upon the Breaſt the leaves of Saledine.

The greater part of the Remedies that are uſeful for this diſeaſe, are alſo good againſt the Bloody Flux; ſo alſo is the Dyet.

The ſick perſon ſhould be in a place where the air is moderate, and abſtain from heat and cold; let her not work much, but ſleep long; let her rub her Arms and Shoulders, and bind her Arms hard from the ſhoulder to the elbow.

Let her put Cupping-glaſſes under her Breaſts, on the back, and under the ſhoulders; let her avoid all perturbations of mind,

mind, as Anger, Sadneſs, Fear, &c. let her eat a little and often; let her keep her belly looſe: Oppilation binds up the body, and cauſeth the preſſing down of the Fundament, and motion of the blood.

115. *To provoke the Monthly Flux in Women.*

Give them to drink every morning two ounces of St. Johns Herb, or the Decoction of Graſs, Nardus-ſeed, Cicers, the Roots of Ladies-mark, Radiſh, Cinnamon, Saffron, and Fullers-cards; to which you may add Myrrha, to the bigneſs of a bean.

Or, the juyce of Eringo-Thiſtle, and of Fullers-Cards, mixed with white-wine.

Outward Remedies may be theſe; make a Bath of River-water, wherein Mugwort, Mallow, Poppies, Camomile, Melilots, and the like Herbs have been boiled. In this Bath rub the hips and the thighs downward, with a little bag full of St. Johns Herb, Chervil, Salendine, water-Parſley, Betony, Nardus-ſeed, and the like.

Or, take a quarter of an ounce, or the eighth part of an ounce of Harts-marrow, wrap it in a fine linnen cloth, which muſt be put deep into the woman, after her

body is prepared and purged.

116. *Against Sterility or Barrenness.*

Let the Barren Woman, (four days after her Monthly Flux) drink the juyce of Sage, with a little Salt; continuing the same a long time.

Or, take the Female of a Hart that is with young; kill her, and draw out her belly, the Fruit with its windings; take out the Fruit, and let the windings (*Secundinæ*) be dried in an Oven, out of which Bread hath been newly drawn: then break into morsels that part of the windings which was next to the Fruit, to a Powder.

Give her this Powder to drink three mornings a little after midnight, with three or four spoonfuls of Wine; let her not rise in four hours after she hath taken this.

This following Potion is of great virtue.

Take young sprigs of wild Vine-leaves, of Agrimony, St. Johns Herb, Thousand-leaves, Gamander, Goats-leaf, Harts-tongue, Pimpernel, field-Cypress, Violet green, of each an handful; one hundred

Pep-

Pepper-corns, Commin-seed half an ounce, Angelica, fine Cinnamon, Galiga, Ginger, Cloves, Nutmegs, Spike, of each a quarter of an ounce: pound all these together, and let them soak two days in white-wine; boyl them to two third parts, then strain the wine, and mingle therewith as much scum'd honey as is necessary: make thereof a Syrup; let the Woman take of this in the morning and at night a spoonful, with Wine, or distilled water of the Herb Balm

117. *To prevent Miscarrying.*

Let her when she is quick with Child, take of the Powder of Crimson, or Scarlet-grain, and fine Frankincense, of each a like quantity, with the white of an Egg: or, the Powder of the Pisle of an Ox, (as is described in 66. for the Plurisie.)

Or, that she always wear on her fingers a Diamond, which hath virtue to keep the Child in the Womb.

Or, take a Snake, dry it, pounded and applied with crumb'd bread, 'tis very good to hinder Miscarrying: but especially the Eagle-stone being worn about the left shoulder, or hang'd on the same arm or

ſide, keeps the Child in the Womb.

118. *To quicken the pain of a Woman in Labour.*

Tye within the thigh, near the Groin, an Eagle-ſtone: as ſoon as the Child is born, take the ſtone away, and give the Woman to drink, a Potion of the Decoction of St. Johns-herb, Rhue, Depham, and Poppies: or, of the juyce of Parſley preſt out with vineger, or white-Wine, or Hypocras, wherein the Powder of the rinds of Caſſia, Cinnamon, Date-ſtones, and Roots, of Cypreſs, of red Eaſtern flower-de-luce, and Camomile-flowers, or the juyce of Good Henry have been ſteeped; lay theſe with white-Wine, or the leaves of the ſame, upon, or round about the Matrix.

If the Woman in Labour faint, give her Bread that hath been ſoaked in Hypocraſs, or a ſpoonful of Clarret-water, which is thus made.

Take a pint of Brandy, grated Cinnamon about three ounces: having ſoaked three days, ſtrain it through a clean cloth, adding thereto one ounce of fine Sugar, Roſe-water ſix ounces, to a Claret-wine; let it ſtand in a well-ſtopped Glaſs for uſe.

This

This Water, or rather Wine, is not onely good againſt the Diſtempers of the Matrix, but againſt ſwouning, faintneſs, weakneſs of the ſtomach, and other defects.

119. *To cauſe the ſecond or after-Birth.*

To cauſe it to come forth, the aforeſaid means are good; but you may take luke-warm the Powder of Beans, Saffron-flowers, or Marygolds, with white-Wine, or Hypocraſs.

120. *Againſt following Pains.*

Againſt after-following pains, drink a little ſpoonful of Claret-water, deſcribed before, Sect. 118. or, water of Peach-flowers: or, Powder of the Roots of Wall-wort, Peach-kernels, Nutmegs, Amber, and Ambergreeſe, with white-Wine.

Outward means, or a Pap to lay on the Belly.

Take hard boyled yolks of Eggs, and fry them with the Oyl of Nuts and Jeſmin; add thereto Powder of Dill and Commin, or Flax-ſeed, Bean-meal, unſalted Butter, Oyl of Rhue, and Dill, with Powder of Camomile-leaves.

121. *For a disturbed Matrix.*

Lay upon the Belly a Pap made of Cow-dung, Sheep or Goats-dung, with Commin, Aniseed, Fenickle, and Parsley-seed, with a good quantity of Wine: or, in want of this Pap, you may cover the belly with a fresh Net of Weather, Sheep, or Goat.

Or, lay a dish of Platanus-wood, or an earthen Cruise upon the Navel; but first anoint the corners of the Cruise with an head of Garlick.

122. *Against Burstenness, or a Rupture.*

Lay upon the place a Pap of Bean-meal and Wine: or, a Pap of Wall-wort, Daisy, Ship-pitch, and a little Mastick, then lay thereupon a small cloth, made wet in the juyce or moistness which floweth out of the little Fruits of the Elm-tree: or, make a Pap of that which remaineth in the Paper-mills after the Paper is made, and tye it thereupon.

In the mean time drink for nine days together, a Potion prepared of the Roots of Solomons Seal and Sanickle.

Or, put red-Snails in an earthen pot, dry them

them in an hot Oven, and make them into Powder; give this to Children for fifteen days together, or longer if necessity requireth, with Pap or Broth, if they suck; but if they be froward, then still the Snails with hot water, and give it them fifteen days aforesaid.

Or, make a Powder of black-Bramble, and give them an eighth part of an ounce thereof in a morning for some days together.

123. *A Cure for the Gout.*

Take new wax and fresh Butter, of each two pounds, let it boil up together, then pour it thus hot into good Clarret-wine, as much as shall be necessary; when they are mixed together, take them out, and make them up in a Lump, of which you shall take some part, and lay it on the ill-affected part.

Another.

Take the leaves of Lyon-foot two handfuls, Oyl of Linseed eighteen ounces, white-Wine four pints and an half; boil it till it is half wasted; rub with this Decoction the painful place.

The same is performed with the Oyl of Spike, and juyce of white Poppies, of

each a like quantity, with Oyl of Olives in which Frogs have been boiled till the fleſh goeth off from their bones.

Alſo Oyl of Cinnamon, Wax, and Salt, mix'd together, of each a like quantity. But againſt all ſorts of Gouts, 'tis good to lay upon the painful place a Poultis of red-Coleworts, with the juyce of wild-Elder, Bean-meal, Camomile-flowers, and Roſes groſly pounded: or, ſcraped Wall-wort, which is newly gathered, ſpread it upon a linnen cloth.

Or, take the Roots and Leaves of Alder, leaves of Scabioſa, Daiſy, and wild-Sage; boyl them in Wine together, ſtrain them, and add thereto Spike-oyl, Brandy, Ox-greaſe, of Cow-feet: or, take a gooſe pluck'd, and clean within; fill it with great Cheſnuts chop'd ſmall, and mingled with a little Salt; roaſt it, and keep the Cheſnuts for a chafing Salve.

Lay alſo on the pained place a little Doge, this will take away the pain.

But this is moſt excellent; make a plaiſter of Frogs, becauſe the chief Ingredients are Frogs, (*Emplaſtrum de Ranis*) oyl of white flower-de-luce is very good, which operates better old than new.

That theſe Remedies may prove effectual, 'tis good to cleanſe exorbitant hu-

humours, that the Patient may be prepared for the application of neceſſary Remedies; therefore let him obſerve this dyet, let him drink but little wine, or rather not any.

Againſt the Gout in the hands and feet, uſe the decoction of St. Johns-herb in oyl of Olives, (as much as you ſhall judge ſufficient) boyl it to two third parts, make it to an Oyntment or Chafing Salve, and anoint therewith the painful places; let the Patient drink the Decoction of wild-Cypreſs, with the eighth part of an ounce of Elder-berries.

Againſt the Gout of the Hip, lay on the painful place a pap made of a common wheaten-loaf; that is, of the crums thereof, boyled in Cows or ſheeps-milk, adding thereto two yolks of Eggs, with a little Saffron; or make a Pap of the Roots and leaves of Mallowes, Roots of Marſh-Mallowes, or leaves of Violets, flowers of Camomile, and Melilots; boyl all together in water, or tripe-broth, and mix them or knead them together with the yolks of Eggs, Flax-ſeed, Meal, Hogs-ſuet, and oyl of Camomile.

Or, take Cow-dung, Bean-meal, wheaten Rolls, and crum; knead them together with honey and vineger. If the pain-

painful place look whitish, and be much swelled, then add to the aforesaid pap black pitch, with a little brimstone; it is also good to press the juyce out of Ivy-leaves and Alder: then let it boyl with Oyl of Rhue, and Earth-worms, with a little wax, for an Oyntment or chafing Salve.

Or, a Poultis of Cow or Ox-dung, made warm in the ashes, with Colewort or Vine-leaves; but if you will draw out the humour which lyeth in the joynts, then lay this Poultis thereon.

Take the dung of wild or tame Pigeons, oyl of old Tile, of each one ounce, Garden-cress-seed, Mustard-seed, of each a quarter of an ounce: mingle these together.

124. *A Cure for Red-swellings.*

Make a Poultis of the leaves and flowers of Violets, leaves of Night-shade, flowers of Camomile, Hen-bane, and Melilots boiled together in water-vineger.

Strain it through a sive, and lay it on the swelling: or, take the juyce of Stancrop, a little red-wine, and Barley-meal, make this into a pap; but in case there be an hardness by the swelling, then put here-

hereupon Goats-dung, which will ſoften all hard-ſwellings, eſpecially the inveterate hardneſs of the knees; mingle it with Barley-meal, and water-vineger to a pap.

125. *For Hard-ſwellings.*

Take Mallows, Poppies, Pellitory of the Wall, Wool-herb, Roots of Flower-de-luce, flowers of Camomile, and Mellilot, Poppies-ſeed and Flax-ſeed; boyl theſe together (of each a like quantity) in wine, water, and vineger: ſtrain them, then add thereto Meal of Beans and Barley, powder of Camomile and Roſes, Hens-greaſe, and freſh butter; make this to a Pap, and lay alſo upon the ſwelling an hot pap of the Lees of Bee-hives, mingled with white-wine, and fryed in a pan.

126. *Againſt Windy-ſwellings.*

Take dried Salt, and put it between two ſmall cloaths upon the ſwelling; or, a Poultis of the Lees of white-wine, wheaten-rolls, and Ox-dung newly made.

127. *To ripen Ulcerated Swellings.*

Lay thereupon the dung of a Gooſe that

that hath faſted three days, after ſhe hath been fed with Eels newly killed; lay thereupon long gnawed raw-wheat: or, a pap of the Roots and leaves of Mallow, white Poppies, Roots of flower-de-luce, and the Crums of a white-loaf: boyl theſe together, and ſtrain them: add hereunto the yolk of an Egg, and ſome Saffron. If it be a cold ſwelling, add to the decoction of the pap, the Roots of wild-Alder, wild-vine, flowers of Camomile and Melilots, Onion, with wheaten leaven.

128 *Againſt Scratching, Scurvy, and other Itchings on the hands, or other parts of the body.*

Take luke-warm Smiths-water, put therein an handful of Salt, and rub the hands or other parts therewith; and when the Scabs are dry, anoint it with the Cream of Cows-milk.

Or, take two parts of Venetian Turpentine, waſhed five or ſix times in Roſe-water, or other cold water: add hereunto a good quantity of Butter newly ſalted, the yolk of an Egg, and the juyce of a ſowre Orange, make this into a Salve; chafe herewith the Itchy place before the fire.

For

For young Children.

Take the juyce of Nettles, and Poplar-ſalve, mingled together: or, ſoot of the Chimney, with ſtrong vineger; rub the itching place red, and then anoint it therewith.

129. *To bring an Ulcer to Diſtillation.*

Take raw wheat long eares, or Wheat-meal, the yolk of an Egg, Honey, and Hogs-greaſe; make thereof a plaiſter, and lay it to the Boil.

Or, lay thereupon ſheeps-dung ſoaked in wine-vineger, if you will ſuppurate the Ulcers and make them ſoft: or, make a pap of Bean-meal, of Womans-milk, leaven, and large figs, and apply it to the Ulcers.

130. *Againſt Ulcers and Swellings about the Nails.*

Lay upon it a little Worm which is is found in the midſt of Fuller-Cards when they are dry.

131. *Againſt*

131. *Against Ulcers that are hard to be Cured.*

Gather May-dew before Sun-rising, wring your sheets in which you gather the dew; boyl and scum it: while it boyleth, put into it Lint of fine-linnen, and lay them upon the Ulcers: when you begin to see fresh or clean flesh, then boyl in the dew a little Alum, and white-Frankincense, by this means you shall cure it.

Or, take Powder of Oyster-shells, raw or burnt: or, the dung of a Dog, who hath eaten for three days together nothing but bones: or, make a powder of rotten-Wood.

132. *Against a Canker.*

Take honey of Roses, Mase, Alum, Salt, and white-Wine; boyl these together to the half, strain this water through a cloth, and keep it to wash the Canker: or, the distilled Water of Cow-dung.

Against the Canker called *Noli me tangere*, which is the worst of Cankers, lay Tobacco upon it.

133. *To take away Knobs.*

Take old and rotten Cheese, bruise it with Water where Bacon hath been boiled; make it into a Plaister, and lay it upon the knobs.

Or, bruise Corulus Indi, (which cometh out of the *Levant*) with Mittle, and wine-vineger, and lay it upon the knobs.

Or, take nine pints of the Urin of a man, Balm, Canker-flowers, of each two handfuls; let them boil slowly in a new well-stopped earthen pot, to the consumption of the half; then press out the herbs, and put thereto Brandy that is strained through, four ounces; boil these together half an hour, and add thereto Oyl of Rosemary, and of Spike, of each one ounce, Quick-silver a quarter of an ounce; mingle these together with a flat-spoon to a Salve, with which you must chafe the knobs before the fire.

134. *Against an hurt by a fall.*

Let them drink white-Wine, with the 16th part of an ounce of Powder, made of Mummy, Tormentil, Raponticum, and Parmacety: or, Garden-Cresses, prepared

red ſeed of Houſleek, and Sugar-candy; of each an equal part.

135. *Againſt blew ſpots.*

Soak a little bag full of Salt in boyling-water, and bath the ſpots therewith.

136. *A Cure for freſh Wounds.*

Take Garden-balſome, Wall-wort, Daiſy, and a little Salt; pound theſe together, and lay them on the Wound.

Or, drop into it the juyce of Tobacco: or, lay on the juyce with its Herb, (which is beſt) this will heal it in three days: or, take Elm-Apples, flowers of St. Johns-Herb, Roſemary, and knobs of Roſes; put theſe together in a glaſs, with Oyl of Olives; ſtop it cloſe, and put it in the Sun, until by conſuming it ſeemeth to be rotten; ſtrain it ſeveral times through a linnen-cloth, keep it in a glaſs, and when you ſee occaſion, drop ſome of it into the Wound.

Or, make a Salve of the juyce and leaves of Tobacco: or, take green Agrimony, Betony, Pimpernel, of each one handful; pound them together in a Morter, and put them into a glazed pot, with

with four pints and an half of white-Wine: cover them well, and boyl them upon a gentle and clear fire, to the conſumption of the half; cool it by little and little, the next day make it a little warm, and ſtrain it through a ſive as much as you can, adding thereto white-pitch, (melted apart) one pound, wax half a pound, Turpentine and Maſtick, of each one ounce; mingle theſe to a Salve.

Beſides, make a Plaiſter of black Roſin-pitch, Brimſtone, and white Frankincenſe, of each a like quantity; bruiſe theſe, and mix them with the white of an Egg: lay it upon the wound after the blood is ſtanched, waſhed off, and the wound cloſe up; bind up the Wound with Cobwebs, and Rowlers; let them lye for ſeveral days on it.

Or, boyl the leaves of Carduus Benedictus in Wine, with Wheaten-meal, till it be as thick as a Salve; then waſh the Wound with Wine twice a day, and dreſs it with this Salve.

Or, waſh the Wound with a decoction of Canker-flowers: or, (which is more expedient) take dirt from under the pails, and lay it to the Wounds, which will heal it preſently.

137. *A-*

137. *Against old and new Wounds.*

Take the leaves of Lambs-tongue, Dogs-rib, Mallows, good-Henry, noble-Sage, of each a handful. These Herbs being well washed and distilled, must be pounded; then take of Hogs-grease the fourth part of an ounce melt it in a pan, and boyl it with the aforesaid Herbs, till the juyce of the Herbs is consumed.

Add thereto Virgins-wax, Rosyn, Pitch, of each about the bigness of two Nuts, Frankincense half as much: melt them again, and make them into a Salve, this is good for all sorts of Wounds.

Or, take pounded and sifted Brimstone, put it into a glass with Oyl of Olives, till it stand four or five fingers thick above it; then let the glass stand ten days in the Sun, stirring it often with a wooden-stick, keeping the glass well-covered, that no dust fall into it: after ten days pour the clear Oyl (which by that time will draw the virtue of the Brimstone to it) into another glass without spilling any of the brimstone; then stop it fast; and when you use it dip therein lint of a clean cloth, or cotton or black-wooll, and lay it on the Wound, Boyl, or swelling, every day till it be healed.

led: you may put Oyl upon the same Brimstone, out of which Oyl hath been once poured.

138. *Of Wounds by a Bullet.*

If the Bullet sticks in the Wound, and you would get it out, make a tent of a Quince-Apple, or of Marmalade, anointed with Oyl and Eggs, and put it into the Wound.

139. *Against strained Sinews.*

Take ripe berries of Elder fill therewith a round flask half full with the oyl of Olives; stop the Glass well, and let it stand twenty four hours in a skillet of boyling-water, then put it ten days in a dunghil.

Or, oyl of Elder, thus: fill a glased pot half full with the juyce of Elder-leaves, and fill it with the oyl of Olives; stop it close with dough, put it into an Oven after the bread is drawn, and let it stand there untill the juyce be wholly consumed.

But this is more expedient; lay upon the Sinew the dung of an Ox or Cow, fryed in a pan with strong vineger, or oyl of Acorns, or Gum of a wild Pear-tree, mingled

mingled with Capons-greaſe, or oyl of Siccamore-Tree, or Jaſmin.

140. *Againſt ſtung Sinews.*

Take Snails with the ſhells, pound them ſmall, and put thereto duſt-meal, which is on the walls of Mills; put this upon the Sinews: or, anoint them with the oyl of Earth-worms.

141. *For Sinews that are cut through.*

Take unwaſhed Earth-worms, pound them ſmall, and lay them on the wounded Sinews: or, lay Alder-flowers to ſoak or ſteep in the Sun, in oyl of Nuts, or in Balſom, or oyl, and dreſs the Sinew with it.

142. *For inward Wounds.*

If they may not be tented, drink the decoction of Eringo-Thiſtle, and waſh the outward Wound therewith.

Alſo, take of Bramble-berries, ſtinging-Nettles, Marygoulds, Sanickle, Mouſe-ear, Pimpernel, green-Sene, Canker-flowers, Lambs-tongue, little tops of Hemp, Female-Ferne, Ox-tongue, Gentiana, Vervine,

vine, Ash-keys, Pennyroyal, Scordium, Nip, Ruperts-herb, five-finger-herb, Venus-hair of all kinds, Roots of Madder, Sage, the whole Wallwort, St. Johns-herb, Daisies, Betony, Agrimony, Brunella, of each an handful; flowers that strengthen the heart, four ounces of St. Johns-herb, Carduus Benedictus seed, long Raisons stoned, Liquoris, of each an ounce; all these being well washed, must be very well pounded and strained, with one pint of white-wine, to a Potion.

Let the wounded person drink hereof before dinner and supper: if this drink be unpleasant to him, then instead of pounding, boyl the above-mentioned Ingredients in common-water, and add thereto white-Wine, honey of Roses, Syrrup of dry-Roses, as much as shall be necessary.

Cleanse the Wound with luke-warm white-Wine, and lay thereupon fresh, red, and warm'd leaves of Coleworts; forbear salt-meats, Spices, strong-Wine, great labour, and women.

143. *Against the biting of a Mad-Dog.*

Eat sweet brier-wort, and wash the hurt with a young Childs Piss, or with a de-

decoction of Rhue, Figs, red-Coleworts, and Salt mingled with honey and butter.

144. *To Cure the Biting of a Serpent.*

Take immediately, a draught of the juyce of an Ash-tree, with white-Wine, and lay upon the bed (of the party bitten) the leaves out of which the juyce was pressed: or, the milky juyce of the Fig-tree, or juyce of Figs: or, Mustard-seed bruised with vineger.

Or, take the leaves of Wool-herb, Caryophilate, red-Currans, of each an handful; boil them in vineger and Mares-piss, of each a like quantity; until the half be consumed to a Potion.

Drink of this at once a small drinking-glass; bath the Wound with the remainder of the decoction.

145. *A Cure for Kibe-heels.*

Take the burnt-ashes of old shoo-soles, mingle them with oyl of Roses, and anoint therewith the Kibes: or, lay thereupon Granate-shells boyled in Wine.

146. *A Cure for stinking Feet.*

Put in your shooes the scales of Iron; if you will preserve your health, keep your body clean, and purge out (seasonably,

bly) superfluous humours, therefore use gentle Purges, *viz.* Clysters, Pills, or small Potions, to prevent thereby great sicknesses.

As, take a Clyster every Month, to keep the body in good order; take purging Pills by the Advice of your Physician: Pills of Aloe, Myrrha wet with Wine, or the Syrrup of Venus-hair, which is good against fleam, and being taken once a week, 'tis good for the stomach, sight, and hearing.

When your stomach is stopped, you may loosen it, by taking the eighth part of an ounce of the Powder of the leaves of Damask-Roses, with broth made of flesh, a little before dinner, or with Cassia alone.

In the Spring you may cleanse and purge humours, with the decoction of pale-Roses: drink eight or nine mornings together, one spoonful in a morning; or without respect to the season of the year, you may purge with these Flesh-broths.

Take a young Hen, or a quarter thereof: or, boyl Weather-Mutton that is not very fat; add thereto good Herbs, as Bernagy, Sorrel, Lettice, tame and wild; Cicory, of each a little quantity, *viz.* an handful; when it is boyled, strain it through a cloth into a well-glazed-pot, and adde thereto,

thereto Sena-leaves, Cinnamon, and Aniseed, of each a little; then stop the pot very close, that the vapours may not fly out: put it on a fire, and let it boyl up one boyling onely; then take it from the fire, and let it stand a whole night upon hot ashes; the next morning strain it through a clean cloth, and add to it Syrrup of Roses, one ounce and an half; boyl it to a potion: take a little of this (made warm) about five hours before dinner, in Spring and Harvest; they are the best times, because then Herbs are best in their season, but better in the Spring than in the Harvest. The Apozemata or herb-Potions, purge fundamentally, yet gently, because of the divers vertue of Herbs of which they are made. Add to this Potion Rhabarbar, leaves of Sene, Agarins; also little Cakes of Cinnamon, Sugar, and other things, according to the condition and complexion of the Patients body.

Another Purging Remedy.

Take Virgin-honey one pound, Powder of Agarius, of Folia-Sene, of one of three, or of all three four ounces; mingle this Powder with honey, let it stand sixty days in a cool place, in a pot well covered, stirring it every day, and take off the Scum.

FINIS.